



Szechuan Chicken Stir-Fry



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil divided
- ☐ 2 teaspoons chili paste depending on your taste pref (such as sambal oelek)
- ☐ 2 cups rice long-grain white hot cooked
- ☐ 2 teaspoons cornstarch
- ☐ 1 tablespoon sesame oil dark divided
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 1 tablespoon garlic fresh minced
- ☐ 0.3 cup spring onion (1-inch)

- ☐ 0.5 cup beef broth fat-free
- ☐ 2 tablespoons soy sauce
- ☐ 0.5 cup onion vertically sliced
- ☐ 1 bell pepper red cut into strips
- ☐ 1 tablespoon rice vinegar
- ☐ 0.3 cup roasted peanuts unsalted chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 pound chicken breast halves boneless skinless cut into bite-sized pieces
- ☐ 1 cup snow peas
- ☐ 1 bell pepper yellow cut into strips

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Combine 2 teaspoons sesame oil and next 6 ingredients (through salt) in a small bowl.
- ☐ Heat a wok or large skillet over medium-high heat.
- ☐ Add remaining 1 teaspoon sesame oil and 1 tablespoon canola oil; swirl.
- ☐ Add chicken; stir-fry 2 minutes.
- ☐ Remove chicken from pan.
- ☐ Add remaining 1 tablespoon canola oil; swirl.
- ☐ Add bell peppers and next 4 ingredients (through garlic); stir-fry 1 minute.
- ☐ Add broth mixture; cook 30 seconds or until thick. Return chicken to pan; cook 4 minutes or until chicken is done. Spoon 1/2 cup rice onto each of 4 plates; top each with 1 cup chicken mixture, green onions, and peanuts.

Nutrition Facts



 **PROTEIN 29.46%**  **FAT 38.37%**  **CARBS 32.17%**

Properties

Glycemic Index:73.75, Glycemic Load:25.02, Inflammation Score:-9, Nutrition Score:26.312608781068%

Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

Nutrients (% of daily need)

Calories: 431.63kcal (21.58%), Fat: 18.42g (28.34%), Saturated Fat: 2.46g (15.38%), Carbohydrates: 34.75g (11.58%), Net Carbohydrates: 31.44g (11.43%), Sugar: 3.58g (3.98%), Cholesterol: 72.57mg (24.19%), Sodium: 665.99mg (28.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.82g (63.63%), Vitamin C: 112.5mg (136.36%), Vitamin B3: 14.42mg (72.12%), Selenium: 43.74µg (62.48%), Vitamin B6: 1.19mg (59.71%), Manganese: 0.84mg (42.15%), Phosphorus: 361.92mg (36.19%), Vitamin A: 1359.17IU (27.18%), Vitamin K: 26.36µg (25.1%), Vitamin B5: 2.45mg (24.49%), Potassium: 852.16mg (24.35%), Magnesium: 77.71mg (19.43%), Folate: 61.94µg (15.48%), Vitamin E: 2.17mg (14.47%), Vitamin B1: 0.2mg (13.4%), Fiber: 3.31g (13.26%), Vitamin B2: 0.22mg (12.82%), Copper: 0.23mg (11.63%), Zinc: 1.57mg (10.5%), Iron: 1.87mg (10.41%), Calcium: 54.83mg (5.48%), Vitamin B12: 0.23µg (3.78%)