



Teriyaki Chicken Stir-Fry



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounces available in the asian foods section of some supermarkets and at asian markets frozen
- ☐ 1 pound chicken breast for stir-fry
- ☐ 4 servings rice hot cooked
- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 cup teriyaki sauce

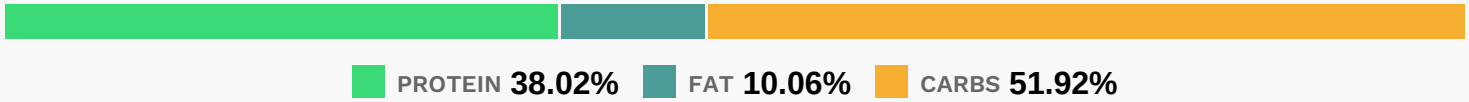
Equipment

- ☐ frying pan

Directions

- ☐ Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat.
- ☐ Add chicken; stir-fry 3 to 4 minutes or until chicken is no longer pink in center.
- ☐ Stir in remaining ingredients except rice.
- ☐ Heat to boiling, stirring constantly; reduce heat. Cover and simmer about 6 minutes or until vegetables are crisp-tender.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:28.74, Inflammation Score:-10, Nutrition Score:24.076956644006%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 339.06kcal (16.95%), Fat: 3.78g (5.82%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 43.91g (14.64%), Net Carbohydrates: 38.99g (14.18%), Sugar: 5.4g (6%), Cholesterol: 72.57mg (24.19%), Sodium: 1564.54mg (68.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.15g (64.3%), Vitamin A: 5793.05IU (115.86%), Vitamin B3: 14.03mg (70.15%), Selenium: 43.07µg (61.53%), Vitamin B6: 1.07mg (53.64%), Phosphorus: 395.35mg (39.54%), Manganese: 0.67mg (33.4%), Potassium: 780.21mg (22.29%), Magnesium: 88.81mg (22.2%), Vitamin B5: 2.2mg (21.96%), Vitamin C: 17.51mg (21.22%), Fiber: 4.92g (19.69%), Vitamin B1: 0.24mg (16.01%), Vitamin B2: 0.25mg (14.53%), Iron: 2.28mg (12.64%), Copper: 0.23mg (11.42%), Folate: 44.92µg (11.23%), Zinc: 1.6mg (10.64%), Calcium: 51.59mg (5.16%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.26mg (1.76%)