



Teriyaki Chicken Stir-Fry



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounces water chestnuts red frozen (or other combination)
- ☐ 1 pound chicken breast for stir-fry
- ☐ 4 servings noodles hot cooked
- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 cup teriyaki sauce

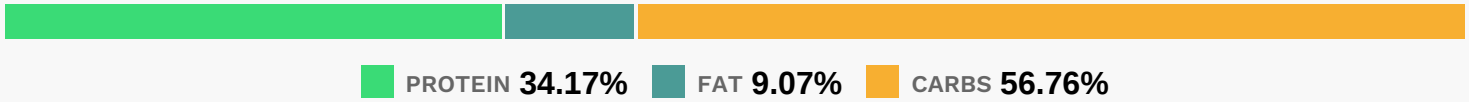
Equipment

- ☐ 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:12.13, Glycemic Load:11.98, Inflammation Score:-4, Nutrition Score:20.06652172752%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg 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: 386.54kcal (19.33%), Fat: 3.86g (5.94%), Saturated Fat: 0.83g (5.16%), Carbohydrates: 54.4g (18.13%), Net Carbohydrates: 48.37g (17.59%), Sugar: 10.19g (11.32%), Cholesterol: 72.57mg (24.19%), Sodium: 1524.91mg (66.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.74g (65.49%), Selenium: 60.38µg (86.26%), Vitamin B3: 13.27mg (66.36%), Vitamin B6: 1.21mg (60.67%), Phosphorus: 377.8mg (37.78%), Fiber: 6.02g (24.09%), Manganese: 0.47mg (23.73%), Potassium: 758.21mg (21.66%), Vitamin B5: 2.05mg (20.48%), Iron: 3.67mg (20.39%), Magnesium: 76.49mg (19.12%), Copper: 0.33mg (16.52%), Zinc: 1.8mg (12.01%), Vitamin B2: 0.2mg (11.79%), Vitamin C: 7.98mg (9.68%), Vitamin B1: 0.12mg (8.16%), Vitamin E: 1.17mg (7.79%), Folate: 25.82µg (6.46%), Vitamin B12: 0.23µg (3.78%), Calcium: 28.1mg (2.81%)