



Vegetable-Chicken Stir-Fry

 Gluten Free  Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons vegetable oil
- 1 pound chicken breast halves boneless skinless cut into 1-inch pieces
- 3 cups savory vegetable shredded assorted (bell peppers, broccoli flowerets, carrots)
- 1 garlic clove finely chopped
- 0.5 cup sauce

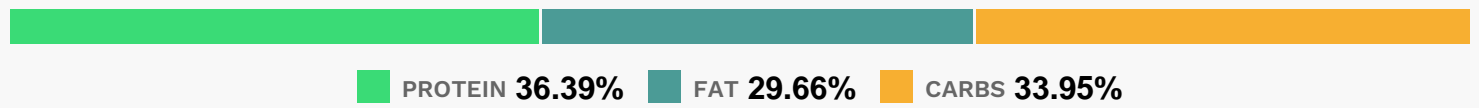
Equipment

- frying pan
- wok

Directions

- Heat 1 tablespoon of the oil in 12-inch skillet or wok over high heat.
- Add chicken; stir-fry about 3 minutes or until no longer pink in center.
- Remove from skillet.
- Heat remaining 1 tablespoon oil in skillet.
- Add vegetables and garlic; stir-fry about 2 minutes or until vegetables are crisp-tender.
- Add chicken and stir-fry sauce. Cook and stir about 2 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:5.88, Inflammation Score:-10, Nutrition Score:22.09565206196%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 313.94kcal (15.7%), Fat: 10.48g (16.12%), Saturated Fat: 1.81g (11.34%), Carbohydrates: 26.99g (9%), Net Carbohydrates: 21.51g (7.82%), Sugar: 6.84g (7.6%), Cholesterol: 72.57mg (24.19%), Sodium: 550.71mg (23.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.93g (57.87%), Vitamin A: 6965.56IU (139.31%), Vitamin B3: 13.54mg (67.71%), Selenium: 36.94µg (52.77%), Vitamin B6: 0.99mg (49.48%), Phosphorus: 319.82mg (31.98%), Fiber: 5.48g (21.9%), Potassium: 711.96mg (20.34%), Vitamin C: 15.79mg (19.14%), Vitamin B5: 1.84mg (18.43%), Manganese: 0.36mg (18.13%), Vitamin B1: 0.24mg (16.04%), Magnesium: 62.43mg (15.61%), Vitamin B2: 0.23mg (13.54%), Vitamin K: 12.74µg (12.14%), Folate: 44.14µg (11.04%), Iron: 1.73mg (9.61%), Zinc: 1.28mg (8.54%), Copper: 0.16mg (7.99%), Vitamin E: 0.77mg (5.15%), Calcium: 41.15mg (4.12%), Vitamin B12: 0.23µg (3.78%)