



HEALTH SCORE

64%

Vegetable-Chicken Stir-Fry



Gluten Free



Dairy Free



Very Healthy

READY IN



14 min.

SERVINGS



1

CALORIES



1256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

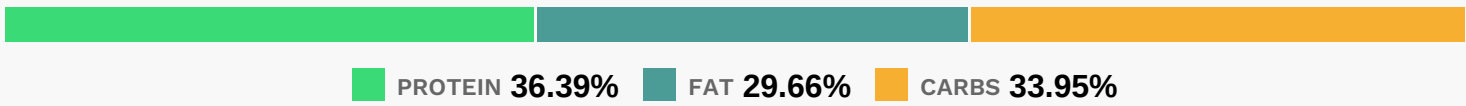
Equipment

- ☐ 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:75, Glycemic Load:23.52, Inflammation Score:-10, Nutrition Score:57.608260963274%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1255.77kcal (62.79%), Fat: 41.92g (64.49%), Saturated Fat: 7.26g (45.36%), Carbohydrates: 107.96g (35.99%), Net Carbohydrates: 86.06g (31.29%), Sugar: 27.36g (30.4%), Cholesterol: 290.3mg (96.77%), Sodium: 2202.83mg (95.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 115.73g (231.47%), Vitamin A: 27862.23IU (557.24%), Vitamin B3: 54.17mg (270.83%), Selenium: 147.76µg (211.09%), Vitamin B6: 3.96mg (197.94%), Phosphorus: 1279.27mg (127.93%), Fiber: 21.9g (87.61%), Potassium: 2847.84mg (81.37%), Vitamin C: 63.16mg (76.56%), Vitamin B5: 7.37mg (73.72%), Manganese: 1.45mg (72.52%), Vitamin B1: 0.96mg (64.16%), Magnesium: 249.72mg (62.43%), Vitamin B2: 0.92mg (54.18%), Vitamin K: 50.98µg (48.55%), Folate: 176.57µg (44.14%), Iron: 6.92mg (38.45%), Zinc: 5.12mg (34.15%), Copper: 0.64mg (31.96%), Vitamin E: 3.09mg (20.59%), Calcium: 164.61mg (16.46%), Vitamin B12: 0.91µg (15.12%), Vitamin D: 0.45µg (3.02%)