



Vegetable-Chicken Stir-Fry with Rice

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup rice long-grain white uncooked
- 2 cups water
- 1 cup chicken broth
- 1 tablespoon oyster sauce
- 0.5 teaspoon sugar
- 3 teaspoons cornstarch
- 0.8 lb chicken breast for stir-frying
- 0.5 teaspoon ginger

- 0.3 teaspoon salt
- 1 tablespoon cooking oil
- 1 cup snow peas fresh
- 1 cup mushrooms fresh sliced
- 0.5 medium bell pepper red cut into 2x1/4-inch strips
- 1 garlic clove minced

Equipment

- bowl
- frying pan
- wok

Directions

- Cook rice in water as directed on package.
- Meanwhile, in small bowl, combine broth, oyster sauce, sugar and 2 teaspoons of the cornstarch; blend well. Set aside.
- In medium bowl, combine chicken, ginger, salt and remaining 1 teaspoon cornstarch; mix gently to coat. Set aside.
- Heat oil in wok or large nonstick skillet over high heat until hot.
- Add chicken mixture; cook and stir 3 minutes.
- Add pea pods, mushrooms, bell pepper and garlic; cook and stir 3 minutes or until chicken is no longer pink in center.
- Add broth mixture; cook an additional 1 to 2 minutes or until sauce is slightly thickened and vegetables are crisp-tender.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:60.07, Glycemic Load:23.04, Inflammation Score:-7, Nutrition Score:18.010000016378%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 330.92kcal (16.55%), Fat: 6.33g (9.73%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 43.41g (14.47%), Net Carbohydrates: 41.58g (15.12%), Sugar: 2.9g (3.22%), Cholesterol: 55.61mg (18.54%), Sodium: 596.11mg (25.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.42g (46.84%), Vitamin B3: 10.97mg (54.86%), Selenium: 37.2µg (53.15%), Vitamin C: 35.52mg (43.05%), Vitamin B6: 0.83mg (41.54%), Manganese: 0.65mg (32.37%), Phosphorus: 274.05mg (27.4%), Vitamin B5: 2.28mg (22.82%), Vitamin B2: 0.28mg (16.33%), Potassium: 541.71mg (15.48%), Vitamin A: 758.81IU (15.18%), Copper: 0.26mg (13.05%), Magnesium: 45.79mg (11.45%), Vitamin B1: 0.17mg (11.03%), Vitamin K: 9.58µg (9.12%), Zinc: 1.29mg (8.62%), Iron: 1.45mg (8.06%), Vitamin E: 1.18mg (7.88%), Fiber: 1.84g (7.35%), Folate: 29.04µg (7.26%), Calcium: 38.36mg (3.84%), Vitamin B12: 0.21µg (3.5%)