



WHATSheATE



Velvet Chicken with Mushrooms, Spinach, and Ginger-Lemon Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce baby spinach
- ☐ 12 ounces chicken tenderloins halved lengthwise
- ☐ 2 teaspoons cornstarch
- ☐ 2 tablespoons sherry dry
- ☐ 1 large egg whites
- ☐ 8 ounces mushroom caps fresh stemmed thinly sliced
- ☐ 2 large garlic clove minced

- ☐ 2 tablespoons ginger fresh shredded peeled finely
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.5 large bell pepper red thinly sliced
- ☐ 2 tablespoons soya sauce
- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon water cold

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Mix first 6 ingredients in small bowl for sauce.
- ☐ Mix egg white, cold water, and cornstarch in medium bowl; mix in chicken.
- ☐ Let sauce and chicken stand 15 minutes.
- ☐ Heat wok or large nonstick skillet over medium-high heat 1 minute.
- ☐ Add oil and tilt to coat.
- ☐ Add chicken; stir-fry 2 minutes.
- ☐ Add mushrooms, bell pepper, and garlic; stir-fry until mushrooms are browned at edges, about 3 minutes.
- ☐ Add sauce; cook until sauce is reduced to glaze, about 1 1/2 minutes.
- ☐ Mix in spinach and toss 1 minute.
- ☐ Per serving: calories, 262; total fat, 9 g; saturated fat, 2 g; cholesterol, 34 mg
- ☐ Bon Appétit

Nutrition Facts



 **PROTEIN 46.45%**  **FAT 28.41%**  **CARBS 25.14%**

Properties

Glycemic Index:60.27, Glycemic Load:2.94, Inflammation Score:-10, Nutrition Score:28.39173918185%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 196.73kcal (9.84%), Fat: 6.2g (9.54%), Saturated Fat: 1.05g (6.59%), Carbohydrates: 12.35g (4.12%), Net Carbohydrates: 9.24g (3.36%), Sugar: 5.07g (5.63%), Cholesterol: 54.43mg (18.14%), Sodium: 656.16mg (28.53%), Alcohol: 0.77g (100%), Alcohol %: 0.38% (100%), Protein: 22.81g (45.62%), Vitamin K: 212.88µg (202.74%), Vitamin A: 4656.18IU (93.12%), Vitamin B3: 12mg (60%), Vitamin C: 45.5mg (55.15%), Vitamin B6: 1mg (49.95%), Selenium: 32.92µg (47.03%), Manganese: 0.64mg (31.86%), Phosphorus: 287.19mg (28.72%), Folate: 107.53µg (26.88%), Potassium: 839.24mg (23.98%), Vitamin B5: 2.24mg (22.42%), Vitamin B2: 0.36mg (21.33%), Magnesium: 77.54mg (19.38%), Fiber: 3.11g (12.42%), Iron: 2.1mg (11.66%), Vitamin E: 1.66mg (11.04%), Copper: 0.19mg (9.65%), Zinc: 1.44mg (9.62%), Vitamin B1: 0.12mg (8.02%), Calcium: 57.42mg (5.74%), Vitamin B12: 0.18µg (2.96%), Vitamin D: 0.31µg (2.08%)