



## Vietnamese Stir-Fry

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



175 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon canola oil
- 0.3 teaspoon kosher salt
- 0.3 cup lemongrass fresh peeled finely chopped
- 0.3 cup lower-sodium soy sauce
- 1 pound chicken breasts boneless skinless cut into bite-sized pieces
- 1.5 tablespoons sambal oelek (such as Huy Fong)
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## Equipment

frying pan

## Directions

Heat a large skillet over medium-high heat.

Add oil to pan; swirl to coat.

Add lemongrass; saut for 1 minute, stirring frequently.

Add chicken to pan, and sprinkle with salt. Saut for 3 minutes or until lightly browned, stirring occasionally. Stir in sambal; saut for 30 seconds.

Add soy sauce; bring to a boil. Reduce heat, and simmer 5 minutes or until chicken is done.

## Nutrition Facts

**PROTEIN 60.17%** **FAT 34.42%** **CARBS 5.41%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:12.85478256578%

## Nutrients (% of daily need)

Calories: 174.83kcal (8.74%), Fat: 6.51g (10.02%), Saturated Fat: 0.91g (5.7%), Carbohydrates: 2.3g (0.77%), Net Carbohydrates: 2.19g (0.8%), Sugar: 0.08g (0.09%), Cholesterol: 72.57mg (24.19%), Sodium: 850.97mg (37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.62g (51.24%), Vitamin B3: 12.07mg (60.35%), Selenium: 36.41µg (52.01%), Vitamin B6: 0.88mg (43.97%), Phosphorus: 270.23mg (27.02%), Manganese: 0.38mg (18.83%), Vitamin B5: 1.67mg (16.7%), Potassium: 516.07mg (14.74%), Magnesium: 43.83mg (10.96%), Vitamin B2: 0.16mg (9.36%), Iron: 1.09mg (6.07%), Zinc: 0.91mg (6.06%), Vitamin E: 0.89mg (5.96%), Vitamin B1: 0.08mg (5.51%), Folate: 15.74µg (3.93%), Vitamin B12: 0.23µg (3.78%), Copper: 0.05mg (2.67%), Vitamin K: 2.72µg (2.59%), Vitamin C: 1.51mg (1.83%), Calcium: 14.17mg (1.42%)