



Wild Mushroom and Chicken Stir-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cornstarch divided
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 1 garlic clove minced
- ☐ 0.5 cup green onions chopped
- ☐ 1 cup oyster mushroom caps sliced
- ☐ 3 tablespoons oyster sauce
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 0.5 teaspoon salt divided

- ☐ 1 cup mushroom caps sliced
- ☐ 1 pound chicken breast boneless skinless sliced
- ☐ 1 cup snow peas trimmed
- ☐ 0.5 teaspoon sugar
- ☐ 1 tablespoon water
- ☐ 0.1 teaspoon pepper white freshly ground

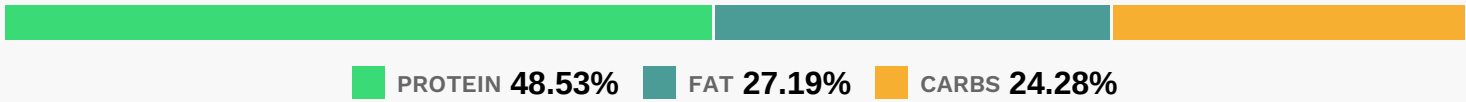
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine chicken, 1 teaspoon cornstarch, 1/4 teaspoon salt, and pepper in a medium bowl; set aside.
- ☐ Combine oyster sauce, water, sugar, remaining 2 teaspoons cornstarch, and remaining 1/4 teaspoon salt in a small bowl; set aside.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken mixture and garlic; saut for 3 minutes.
- ☐ Add snow peas and mushrooms; saut 2 minutes. Stir in broth; bring to a boil. Stir in oyster sauce mixture; cook for 30 seconds or until thickened. Stir in onions; remove from heat.

Nutrition Facts



Properties

Glycemic Index:41.02, Glycemic Load:1.38, Inflammation Score:-6, Nutrition Score:23.299999610237%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 232.67kcal (11.63%), Fat: 7.14g (10.99%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 14.35g (4.78%), Net Carbohydrates: 10.53g (3.83%), Sugar: 3.84g (4.27%), Cholesterol: 72.57mg (24.19%), Sodium: 984.07mg (42.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.68g (57.37%), Vitamin B3: 17.6mg (88.02%), Selenium: 42.99µg (61.42%), Vitamin B6: 1.14mg (57.21%), Phosphorus: 399.17mg (39.92%), Vitamin B5: 3.48mg (34.8%), Vitamin K: 32.26µg (30.73%), Vitamin B2: 0.5mg (29.34%), Potassium: 946.49mg (27.04%), Vitamin C: 18.67mg (22.63%), Manganese: 0.32mg (16.12%), Copper: 0.32mg (15.87%), Fiber: 3.83g (15.3%), Magnesium: 61.12mg (15.28%), Folate: 55.13µg (13.78%), Vitamin B1: 0.2mg (13.63%), Iron: 2.25mg (12.51%), Zinc: 1.84mg (12.29%), Vitamin A: 453.42IU (9.07%), Vitamin E: 0.93mg (6.2%), Vitamin B12: 0.37µg (6.12%), Vitamin D: 0.75µg (5.02%), Calcium: 35.99mg (3.6%)