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Chicken Stir-Fry

A delicious and healthy chicken stir-fry recipe that is quick and easy to make. This dish is packed with fresh vegetables and tender chicken, and is perfect for a weeknight dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	chicken breast
200 g	broccoli
150 g	Carrots
150 g	bell pepper
60 ml	soy sauce
15 ml	sesame oil

2 cloves	garlic
1 tsp	Ginger
2 tbsp	cornstarch
60 ml	water

Directions

Step 1

Cut

Slice the chicken breast into thin strips.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Cut

Chop the broccoli, carrots, bell pepper, garlic, and ginger.

Prep Time: 10 mins

Cook Time: 5 mins

Step 3

Mixing

In a small bowl, mix together soy sauce, sesame oil, cornstarch, and water to make a sauce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stir-frying

Heat a large skillet or wok over high heat. Add the chicken and cook until browned and cooked through.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Stir-frying

Remove the chicken from the skillet and set aside. Add the vegetables to the skillet and cook until tender-crisp.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Stirring

Return the chicken to the skillet and pour the sauce over the chicken and vegetables.

Cook for 1-2 minutes, until the sauce thickens.

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Serving

Serve the chicken stir-fry hot with rice or noodles.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 4 g

Protein: 25 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	4 g	10.53%	16%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	150 mg	166.67%	200%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

Paleo Diet

Course

Salads

Snacks

Cultural

Chinese New Year

Hanukkah

Ramadan

Christmas

Cost

\$40 to \$50

Demographics

Kids Friendly

Teen Friendly

Pregnancy Safe

Allergy Friendly

Heart Healthy

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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