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## Chicken Stir Fry Open Face JAFF (no os) ♦♦

A delicious chicken stir fry recipe with a twist. This open face JAFF (no os) is packed with flavors and is perfect for a quick and easy dinner.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>400 g</b>	chicken breast
<b>200 g</b>	Bell peppers
<b>100 g</b>	onion
<b>2 cloves</b>	garlic
<b>4 tbsp</b>	soy sauce

<b>2 tbsp</b>	sesame oil
<b>2 tbsp</b>	cornstarch
<b>4 tbsp</b>	water
<b>2 tbsp</b>	vegetable oil
<b>1 tsp</b>	Salt
<b>1 tsp</b>	Black pepper

## Directions

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### Step 1

Cut

Slice the chicken breast into thin strips.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Cut

Slice the bell peppers and onion into thin strips.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

Cut

Mince the garlic cloves.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

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

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 5

Stir-frying

Heat vegetable oil in a large skillet or wok over medium-high heat. Add the chicken and cook until browned.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 6

Stir-frying

Add the bell peppers, onion, and minced garlic to the skillet. Stir-fry for 3-4 minutes until the vegetables are tender-crisp.

**Prep Time:** 0 mins

**Cook Time:** 4 mins

## Step 7

Stir-frying

Pour the sauce over the chicken and vegetables. Stir-fry for an additional 2 minutes until the sauce thickens.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

## Step 8

Season with salt and black pepper to taste.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 8 g

**Protein:** 30 g

**Carbohydrates:** 15 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	3 g	7.89%	12%
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	4 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	80 mg	88.89%	106.67%
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	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	15 mg	136.36%	187.5%
Selenium	40 mcg	72.73%	72.73%

## Recipe Attributes

### Cuisines

Chinese Indian Mexican American

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium  
Sugar-Free High Vitamin C High Iron High Calcium

### Kitchen Tools

Blender Mixer Oven Stove Microwave Grill

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Easy

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