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Chicken Stir-Fry

A delicious and healthy chicken stir-fry recipe that is packed with flavor and nutrients. This dish is perfect for a quick and easy weeknight meal.

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

400 g	chicken breast
200 g	broccoli
150 g	Carrots
150 g	bell pepper
100 g	onion
2 cloves	garlic

1 tsp	Ginger
2 tbsp	soy sauce
2 tsp	sesame oil
1 tbsp	cornstarch
2 tbsp	vegetable oil
1 tsp	Salt
1 tsp	Pepper

Directions

Step 1

Cut

Slice the chicken breast into thin strips.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Cut

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

Prep Time: 10 mins

Cook Time: 5 mins

Step 3

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stir-frying

Heat vegetable oil in a wok or large skillet over high heat. Add the chicken and stir-fry until cooked through.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Stir-frying

Add the chopped vegetables to the wok and stir-fry for another 3-4 minutes until tender-crisp.

Prep Time: 0 mins

Cook Time: 4 mins

Step 6

Stir-frying

Pour the sauce over the chicken and vegetables. Stir-fry for another 1-2 minutes until the sauce thickens.

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Season with salt and pepper to taste. Serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 25 g

Carbohydrates: 15 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	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	25 iu	2.78%	3.57%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
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	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	20 mg	0.59%	0.77%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

Cuisines

Italian

Chinese

Indian

Mexican

French

Middle Eastern

Diet

Anti-Inflammatory Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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