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Cajun Stir Fry

Cajun Stir Fry is a flavorful and spicy dish that originated in the southern United States. It combines Cajun seasoning with a variety of vegetables and protein for a delicious and satisfying meal. The dish is typically served with rice or noodles.

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	Bell peppers
150 g	onion
2 tsp	cajun seasoning
2 cloves	garlic

2 tbsp	olive oil
1 tsp	salt
1 tsp	black pepper
400 g	cooked rice

Directions

Step 1

Cut

Slice the chicken breast into thin strips.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Cut

Chop the bell peppers and onion into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Heat olive oil in a large skillet over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Stove

Add the chicken to the skillet and cook until browned.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Stir-frying

Add the bell peppers, onion, garlic, Cajun seasoning, salt, and black pepper to the skillet. Stir fry for 5 minutes or until the vegetables are tender-crisp.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Serve the Cajun stir fry over cooked rice.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 8 g

Protein: 25 g

Carbohydrates: 20 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	20 g	36.36%	40%
Fibers	4 g	10.53%	16%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	60 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	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Middle Eastern

Diet

Anti-Inflammatory Diet

Course

Side Dishes

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Oktoberfest

Passover

Ramadan

Christmas

Easter

Halloween

Cost

\$10 to \$20

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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