

**All Recipes** 

Al Recipe Builder

**Similar Recipes** 

# 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



Slice the chicken breast into thin strips.

Prep Time: 5 mins

Cook Time: 10 mins

### Step 2



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: 8g

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%

Sauces & Dressings

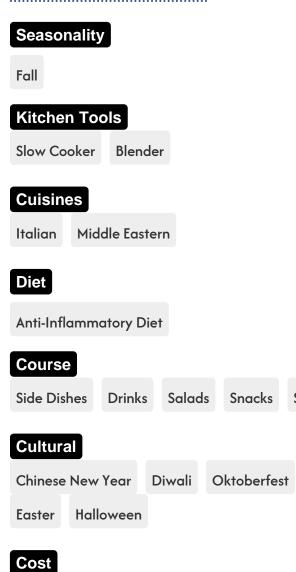
Passover

Ramadan

Christmas

Snacks

# **Recipe Attributes**



\$10 to \$20

# Meal Type

Lunch Dinner

ner Snack

## Difficulty Level

Easy

Visit our website: healthdor.com