

Quick and Easy Chicken and Vegetable Teriyaki Stir-Fry

1/2 pound	Chicken breast tenders
1/2 cup total	low-sodium teriyaki sauce, divided into 1/4 cup for marinade and 1/4 cup for sauce
1 1/2 teaspoons total	sesame oil, 1teaspoon for stir-frying and 1/2 teaspoon for sauce
1/2 teaspoon	dried red pepper flakes
1 bag (12 ounce)	Broccoli Wokly (R) Stir-Fry

Marinate chicken tenders in 1/4 cup teriyaki sauce in a small shallow pan or bowl. Turn to coat both sides. Let sit 5 to 10 minutes. Heat 1 teaspoon sesame oil in a 12-inch non-stick skillet or wok over Medium-High to High heat. Stir-fry chicken 4 to 6 minutes, until no longer pink, turning as needed to prevent burning. Remove chicken from skillet and set aside. Remove skillet from heat and add remaining 1/4 cup teriyaki sauce, 1/2 teaspoon sesame oil and red pepper flakes. Return to skillet to High heat and tilt to coat skillet and combine ingredients. Stir Broccoli into sauce and cook 2 to 3 minutes, stirring constantly, until just crisp-tender. Toss broccoli mixture with chicken and serve immediately.

Servings: 4

Preparation time: 10 minutes

Cooking time: 10 minutes

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	264.41
Calories From Fat (13%)	34.88
% Daily Value	
Total Fat 4.02g	6%
Saturated Fat 0.59g	3%
Cholesterol 32.89mg	11%
Sodium 433.35mg	18%
Potassium 1841.19mg	53%
Carbohydrates 37.05g	12%
Dietary Fiber 13.74g	55%
Sugar 9.04g	
Sugar Alcohols 0.00g	
Net Carbohydrates 23.31g	
Protein 28.72g	57%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1/2 pound Chicken breast tenders	0.50 x 1 lb of Chicken, broilers or fryers, breast, meat only, raw
1/2 cup total low-sodium teriyaki sauce, divided into 1/4 cup for marinade and 1/4 cup for sauce	0.50 x 100g of Sauce, teriyaki, ready-to-serve, reduced sodium
1 1/2 teaspoons total sesame oil, 1teaspoon for stir-frying and 1/2 teaspoon for sauce	0.40 x 1 tablespoon of Oil, sesame, salad or cooking
1/2 teaspoon dried red pepper flakes	0.50 x 1 teaspoon of Spices, pepper, red, flakes
1 bag (12 ounce) Broccoli Wokly (R) Stir-Fry	24 x 1 cup, chopped of Broccoli, raw

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