



Asian Barbecued Chicken Stir Fry with Peanuts and Rice

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



734 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 2 cups chicken stock see
- 1 chile pepper thinly sliced
- 0.3 cup chives chopped
- 4 servings cilantro leaves chopped for garnish, optional
- 0.5 cup roasted peanuts unsalted dry
- 1 inch ginger fresh minced grated

- 2 large cloves garlic grated thinly sliced
- 0.3 cup hoisin sauce
- 1 lime zest juiced
- 1 cup rice long grain
- 2 tablespoons soya sauce low-sodium
- 0.3 cup orange marmalade
- 2 tablespoons vegetable oil; peanut oil preferred
- 1 large bell pepper diced red seeded thinly sliced
- 1 bunch scallions thinly sliced
- 1.5 pounds tenders diced boneless skinless thinly sliced

Equipment

- bowl
- frying pan
- stove

Directions

- For the rice: Bring 1 1/2 cups stock, 1 tablespoon oil, and lime zest to a boil.
- Add the rice, stir, reduce heat to medium-low to simmer, and cover. Cook 15 to 16 minutes, and then stir in the lime juice and chives. Turn off the heat and fluff the rice. Keep covered and warm on the stove until ready to serve.
- For the chicken: Meanwhile, heat the remaining 1 tablespoon oil in a large non-stick skillet over high heat. When the oil smokes, add the chicken and season with black pepper. Brown evenly, and then remove to a plate. To the skillet, add chile, ginger, garlic, and red bell pepper and stir fry for 2 minutes. Return the chicken to the pan. Stir together the hoisin, marmalade, tamari and remaining 1/2 cup chicken stock.
- Add to the pan and reduce over high heat for 2 to 3 minutes. Stir in the peanuts and scallions. Turn off the heat.
- Serve the chicken over rice in shallow bowls and garnish with cilantro, if desired.

Nutrition Facts



■ PROTEIN 25% ■ FAT 31.74% ■ CARBS 43.26%

Properties

Glycemic Index:89.05, Glycemic Load:23.86, Inflammation Score:-9, Nutrition Score:33.622174138608%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 733.71kcal (36.69%), Fat: 26.12g (40.18%), Saturated Fat: 5.03g (31.43%), Carbohydrates: 80.09g (26.7%), Net Carbohydrates: 75.21g (27.35%), Sugar: 28g (31.11%), Cholesterol: 165.88mg (55.29%), Sodium: 1080.93mg (47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.28g (92.57%), Vitamin C: 78.3mg (94.9%), Vitamin B3: 15.86mg (79.29%), Selenium: 50.88µg (72.68%), Vitamin B6: 1.24mg (61.89%), Manganese: 1.15mg (57.4%), Phosphorus: 520.07mg (52.01%), Vitamin B2: 0.6mg (35.08%), Vitamin A: 1637.59IU (32.75%), Vitamin B5: 3.03mg (30.33%), Magnesium: 112.5mg (28.13%), Zinc: 4.14mg (27.58%), Potassium: 959.01mg (27.4%), Vitamin K: 27.31µg (26.01%), Copper: 0.45mg (22.53%), Vitamin E: 3.34mg (22.26%), Vitamin B1: 0.31mg (20.37%), Fiber: 4.87g (19.49%), Folate: 75.45µg (18.86%), Vitamin B12: 1.09µg (18.14%), Iron: 3.23mg (17.94%), Calcium: 82.7mg (8.27%)