



Asian Fondue

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb chicken breast boneless skinless cut into 1/4-inch strips
- ☐ 1 lb beef top sirloin steaks boneless cut into 1/4-inch strips
- ☐ 1 medium zucchini cut into 1/2-inch slices
- ☐ 1 medium bell pepper red cut into 1-inch cubes
- ☐ 0.5 lb snow peas
- ☐ 5.3 cups chicken broth (from two 32-oz cartons)
- ☐ 2 tablespoons soya sauce
- ☐ 2 ginger thin

- ☐ 2 cloves garlic thinly sliced
- ☐ 0.8 cup satay sauce
- ☐ 0.5 cup soy sauce

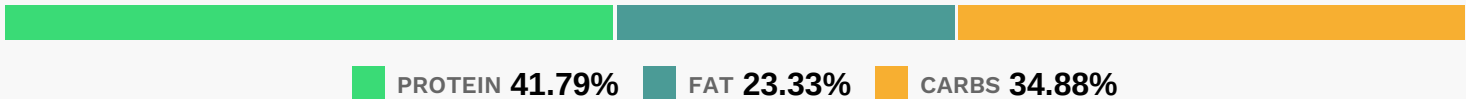
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ On serving plate, arrange chicken, beef, zucchini, bell pepper and pea pods.
- ☐ In 2-quart saucepan, mix broth, soy sauce, gingerroot and garlic.
- ☐ Heat to boiling.
- ☐ Pour into fondue pot; keep warm over heat. (Or follow manufacturer's directions to heat in fondue pot.)
- ☐ Spear chicken, beef and vegetables on fondue forks and cook in broth mixture until chicken is no longer pink center, beef is desired doneness and vegetables are crisp-tender.
- ☐ Let small pieces of food remain in broth.
- ☐ Serve chicken, beef and vegetables with peanut sauce and sweet-and-sour sauce.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:0.41, Inflammation Score:-7, Nutrition Score:17.988260865211%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 287.77kcal (14.39%), Fat: 7.13g (10.97%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 23.99g (8%), Net Carbohydrates: 22.61g (8.22%), Sugar: 17.69g (19.66%), Cholesterol: 72.82mg (24.27%), Sodium: 1499.22mg (65.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.75g (57.49%), Vitamin B3: 10.54mg (52.71%),

Selenium: 36.64µg (52.34%), Vitamin C: 41.44mg (50.23%), Vitamin B6: 0.93mg (46.52%), Phosphorus: 280.67mg (28.07%), Zinc: 2.93mg (19.54%), Potassium: 611.8mg (17.48%), Vitamin A: 843.06IU (16.86%), Vitamin B2: 0.28mg (16.61%), Vitamin B5: 1.53mg (15.27%), Manganese: 0.25mg (12.69%), Vitamin B1: 0.18mg (11.82%), Iron: 2.11mg (11.7%), Vitamin B12: 0.68µg (11.29%), Magnesium: 45.06mg (11.27%), Vitamin K: 9.62µg (9.16%), Folate: 35.29µg (8.82%), Copper: 0.13mg (6.61%), Fiber: 1.38g (5.52%), Vitamin E: 0.71mg (4.72%), Calcium: 41.17mg (4.12%)