



Bang Bang Chicken



Gluten Free



Dairy Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 carrots julienned
- ☐ 1 pound chicken breasts shredded
- ☐ 1 tablespoon chili sauce
- ☐ 1 cucumber thinly sliced
- ☐ 2 green onions sliced
- ☐ 4 cups lettuce shredded
- ☐ 1 teaspoon sichuan peppercorns toasted
- ☐ 1 tablespoon chinkiang rice vinegar black

- ☐ 1 tablespoon sesame oil
- ☐ 2 tablespoons sesame paste
- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon sugar

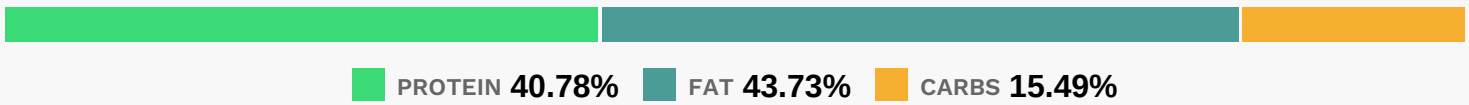
Equipment

- ☐ pot

Directions

- ☐ Bring the chicken to a boil in a pot of water, simmer until cooked, about 20 minutes and shred.
- ☐ Mix the sesame paste, soy sauce, black rice vinegar, sesame oil, sugar, chili oil and Sichuan peppercorns.Assemble salad and enjoy!

Nutrition Facts



Properties

Glycemic Index:73.23, Glycemic Load:3.44, Inflammation Score:-9, Nutrition Score:19.472608732141%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 315.85kcal (15.79%), Fat: 15.33g (23.58%), Saturated Fat: 3.15g (19.71%), Carbohydrates: 12.21g (4.07%), Net Carbohydrates: 9.44g (3.43%), Sugar: 6.97g (7.74%), Cholesterol: 85.05mg (28.35%), Sodium: 661.18mg (28.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.16g (64.32%), Vitamin A: 3105.96IU (62.12%), Vitamin B3: 10.09mg (50.43%), Selenium: 30.88µg (44.11%), Vitamin K: 39.66µg (37.77%), Phosphorus: 330.23mg (33.02%), Vitamin B6: 0.6mg (29.83%), Manganese: 0.38mg (19.15%), Vitamin B1: 0.27mg (17.7%), Potassium: 610.7mg (17.45%), Zinc: 2.42mg (16.16%), Copper: 0.3mg (15.03%), Iron: 2.65mg (14.73%), Vitamin B5: 1.44mg (14.43%), Vitamin B2: 0.24mg (14.41%), Magnesium: 53.98mg (13.49%), Folate: 53.28µg (13.32%), Fiber: 2.76g (11.06%), Vitamin C: 7.36mg (8.92%), Calcium: 64.69mg (6.47%), Vitamin B12: 0.33µg (5.48%), Vitamin E: 0.42mg (2.79%)