

Chicken Vicious



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce button mushrooms sliced
- ☐ 3 teaspoons cornstarch
- ☐ 2 tablespoons garlic powder to taste
- ☐ 3 green onions chopped
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 tablespoon onion powder to taste
- ☐ 1 cup peas green frozen
- ☐ 1 tablespoon pepper flakes red to taste

- ☐ 4 chicken breast halves boneless skinless cut into 1 inch pieces
- ☐ 0.5 cup soya sauce
- ☐ 2 teaspoons vegetable oil
- ☐ 2 tablespoons water cold
- ☐ 1.5 cups distilled vinegar white
- ☐ 1 cup sugar white

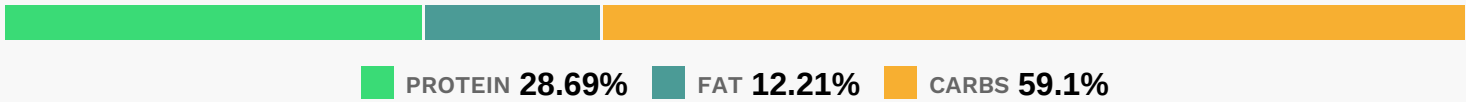
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large heavy skillet over high heat.
- ☐ Add chicken pieces, and fry, stirring, until browned.
- ☐ Pour in the vinegar, soy sauce, and sugar; stirring to dissolve sugar. Season with red pepper flakes, garlic powder, onion powder, and ginger. Reduce heat to low, cover, and simmer for 15 minutes. Taste the sauce at this point and adjust seasoning to taste. The sauce should be very sweet. If it is too tart, add more sugar; if it is too sweet, add more vinegar.
- ☐ Once the sauce is to your liking, add the mushrooms, peas, and green onions. Simmer gently over low heat for another 5 minutes, until the mushrooms shrink a bit. Stir together the cornstarch and water, and stir it into the sauce. Continue to simmer until it reaches the desired thickness.

Nutrition Facts



Properties

Glycemic Index:62.11, Glycemic Load:37.2, Inflammation Score:-8, Nutrition Score:24.346956429274%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 451.94kcal (22.6%), Fat: 6.06g (9.33%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 66.02g (22.01%), Net Carbohydrates: 61.55g (22.38%), Sugar: 54.18g (60.2%), Cholesterol: 72.32mg (24.11%), Sodium: 1796.57mg (78.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.06g (64.12%), Vitamin B3: 16.08mg (80.38%), Selenium: 44.95µg (64.21%), Vitamin B6: 1.15mg (57.61%), Phosphorus: 398.88mg (39.89%), Vitamin K: 34.19µg (32.56%), Manganese: 0.59mg (29.29%), Vitamin B2: 0.48mg (27.99%), Vitamin B5: 2.67mg (26.74%), Potassium: 883.39mg (25.24%), Vitamin C: 19.21mg (23.29%), Vitamin A: 994.02IU (19.88%), Copper: 0.39mg (19.26%), Fiber: 4.47g (17.88%), Vitamin B1: 0.27mg (17.82%), Magnesium: 69.49mg (17.37%), Iron: 2.81mg (15.6%), Folate: 52.29µg (13.07%), Zinc: 1.86mg (12.41%), Vitamin E: 1.3mg (8.64%), Calcium: 51.95mg (5.2%), Vitamin B12: 0.25µg (4.14%), Vitamin D: 0.23µg (1.51%)