



Chicken with Black Beans

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 small carrots sliced
- 1.5 pounds rotisserie chicken breast meat boneless skinless cubed
- 1 tablespoon cornstarch
- 0.3 cup fermented black beans rinsed mashed
- 4 inch ginger fresh cut into matchsticks
- 2 cloves garlic minced
- 2 bell pepper green chopped
- 4 green onions cut into 1-inch pieces

- 0.5 teaspoon ground pepper black
- 1 tablespoon soya sauce light
- 2 tablespoons oyster sauce
- 2 bell pepper red chopped
- 1 teaspoon soya sauce thick
- 2 tablespoons vegetable oil
- 0.3 cup water
- 1 tablespoon sugar white

Equipment

- bowl
- frying pan
- whisk
- plastic wrap

Directions

- Whisk together the light soy sauce, cornstarch, 1 teaspoon of sugar, and pepper in a large glass or ceramic bowl.
- Add the chicken breast and toss to evenly coat. Cover the bowl with plastic wrap, and marinate in the refrigerator for 10 minutes.
- Heat the water in a large skillet over medium-high heat until boiling. Quickly stir in the chicken and cook for 3 to 4 minutes. Chicken will not be cooked through.
- Drain the water and place chicken on a plate. Set aside. Carefully wipe down the skillet and heat the vegetable oil over medium heat. Cook and stir the ginger and garlic until fragrant. Stir in the chicken, black beans and 1 tablespoon of sugar. Cook the chicken breasts until no longer pink in the center. Stir in the red and green peppers, green onions, carrots, oyster sauce, and thick soy sauce. Cook and stir for 1 minutes.

Nutrition Facts



Properties

Glycemic Index:49.65, Glycemic Load:2.65, Inflammation Score:-9, Nutrition Score:22.710434706315%

Flavonoids

Luteolin: 2.12mg, Luteolin: 2.12mg, Luteolin: 2.12mg, Luteolin: 2.12mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 239.8kcal (11.99%), Fat: 8.82g (13.56%), Saturated Fat: 1.53g (9.58%), Carbohydrates: 12.28g (4.09%), Net Carbohydrates: 9.2g (3.34%), Sugar: 5.68g (6.31%), Cholesterol: 72.57mg (24.19%), Sodium: 530.43mg (23.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.46g (56.93%), Vitamin C: 86.57mg (104.94%), Vitamin B3: 12.82mg (64.1%), Vitamin A: 2895.68IU (57.91%), Vitamin B6: 1.1mg (54.97%), Selenium: 36.91µg (52.73%), Vitamin K: 31.4µg (29.9%), Phosphorus: 272.33mg (27.23%), Potassium: 658.82mg (18.82%), Vitamin B5: 1.84mg (18.43%), Fiber: 3.09g (12.35%), Magnesium: 45.33mg (11.33%), Vitamin B2: 0.19mg (10.96%), Manganese: 0.21mg (10.36%), Vitamin E: 1.47mg (9.82%), Folate: 35.64µg (8.91%), Vitamin B1: 0.13mg (8.85%), Iron: 1.15mg (6.39%), Zinc: 0.91mg (6.09%), Copper: 0.11mg (5.31%), Vitamin B12: 0.25µg (4.19%), Calcium: 29.25mg (2.93%)