



Chicken with Chicharo (Snow Peas)



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 carrots sliced
- ☐ 2 stalks celery stalks sliced
- ☐ 2 pounds chicken pieces bone-in such as legs, thighs, and wings
- ☐ 1 tablespoon cornstarch
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped
- ☐ 1 tablespoon oyster sauce

- ☐ 6 servings salt and pepper to taste
- ☐ 1 pound snow peas fresh trimmed
- ☐ 1 tomatoes diced
- ☐ 1 teaspoon water

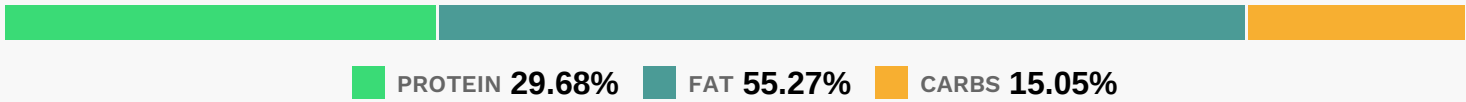
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Heat the oil in a large skillet over medium heat; cook and stir the onion and garlic in the olive oil until fragrant, about 5 minutes. Stir the oyster sauce into the mixture; season with salt and pepper.
- ☐ Add the chicken and mix; cover and cook for 10 minutes.
- ☐ Add the tomato, carrot, and celery; cover again and cook another 5 minutes. Cook the chicken pieces until no longer pink at the bone and the juices run clear, an instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C). Fold the snow peas into the mixture.
- ☐ Whisk the cornstarch and water together in a small bowl until no lumps remain; stir into the liquid in the skillet. Allow the mixture to simmer until the sauce has thickened, about 5 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:28.97, Glycemic Load:1, Inflammation Score:-9, Nutrition Score:17.770434799402%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 296.77kcal (14.84%), Fat: 18.07g (27.79%), Saturated Fat: 4.8g (30.01%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 8.22g (2.99%), Sugar: 4.84g (5.37%), Cholesterol: 77.11mg (25.7%), Sodium: 360.1mg (15.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.83g (43.65%), Vitamin C: 52.09mg (63.14%), Vitamin A: 2836.86IU (56.74%), Vitamin B3: 7.74mg (38.71%), Vitamin B6: 0.55mg (27.32%), Vitamin K: 25µg (23.81%), Selenium: 15.75µg (22.5%), Phosphorus: 207.44mg (20.74%), Vitamin B5: 1.58mg (15.78%), Iron: 2.67mg (14.81%), Manganese: 0.29mg (14.27%), Vitamin B1: 0.2mg (13.35%), Potassium: 460mg (13.14%), Vitamin B2: 0.2mg (11.98%), Folate: 47.01µg (11.75%), Fiber: 2.86g (11.42%), Magnesium: 44.47mg (11.12%), Zinc: 1.66mg (11.05%), Vitamin E: 1.12mg (7.48%), Copper: 0.14mg (7.07%), Calcium: 56.54mg (5.65%), Vitamin B12: 0.33µg (5.52%), Vitamin D: 0.21µg (1.37%)