



Chicken with Green Peppers in Black Bean Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 tablespoons black bean garlic sauce
- 1 teaspoon pepper black
- 1 cube chicken bouillon dissolved in
- 0.8 pound chicken breast half boneless skinless cut into cubes
- 4 teaspoons cornstarch dissolved in
- 4 tablespoons cilantro leaves fresh chopped
- 4 cloves garlic cloves peeled sliced

- 2 bell pepper diced green
- 1 bunch green onions chopped
- 1 large onion peeled sliced
- 1 teaspoon salt
- 2 tablespoons sesame oil toasted
- 1.5 tablespoons soya sauce dark
- 3 tablespoons water

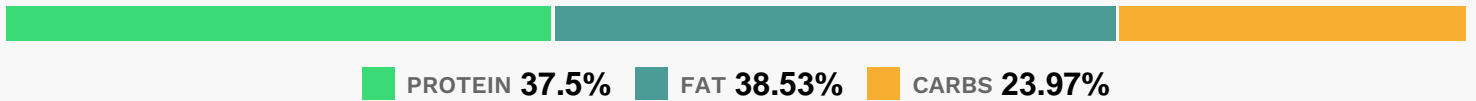
Equipment

- wok

Directions

- Heat a wok over a medium heat until hot, add the toasted sesame oil and heat for about 30 seconds. Stir in garlic and black bean sauce, and season with salt.
- Add chicken to the wok; cook, stirring frequently, until chicken is cooked through.
- Pour in dissolved chicken bouillon, cover, and cook for 6 minutes.
- Stir in onion, green onions, and bell pepper, and season with soy sauce and black pepper. Cover, and cook for 8 minutes. Stir in cornstarch mixture, and stir until sauce thickens. Stir in cilantro, and serve.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:1.43, Inflammation Score:-6, Nutrition Score:15.669999985591%

Flavonoids

Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.83mg, Quercetin: 9.83mg, Quercetin: 9.83mg, Quercetin: 9.83mg

Nutrients (% of daily need)

Calories: 233.67kcal (11.68%), Fat: 10.03g (15.43%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 14.03g (4.68%), Net Carbohydrates: 10.69g (3.89%), Sugar: 5.85g (6.49%), Cholesterol: 54.43mg (18.14%), Sodium: 1064.53mg (46.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.96g (43.91%), Vitamin C: 53.81mg (65.22%), Vitamin B3: 9.53mg (47.65%), Vitamin B6: 0.87mg (43.59%), Selenium: 28.01µg (40.01%), Phosphorus: 218.21mg (21.82%), Vitamin K: 20.2µg (19.24%), Potassium: 525.38mg (15.01%), Manganese: 0.3mg (14.76%), Vitamin B5: 1.37mg (13.74%), Fiber: 3.34g (13.38%), Magnesium: 37.61mg (9.4%), Vitamin B1: 0.12mg (7.98%), Iron: 1.42mg (7.91%), Vitamin B2: 0.13mg (7.75%), Vitamin A: 336.23IU (6.72%), Copper: 0.11mg (5.54%), Folate: 21.96µg (5.49%), Zinc: 0.73mg (4.89%), Vitamin E: 0.54mg (3.59%), Calcium: 33.16mg (3.32%), Vitamin B12: 0.17µg (2.83%)