



## Dinner Tonight: Uncle Lang's Three Teacup Chicken



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs
- ☐ 0.5 cup chicken stock see
- ☐ 6 slices ginger fresh
- ☐ 3 medium garlic clove smashed
- ☐ 1 teaspoon peppercorns lightly toasted
- ☐ 0.3 cup rice vinegar
- ☐ 2 tablespoons rice wine

- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup sugar
- ☐ 0.5 teaspoon vegetable oil
- ☐ 3 star anise whole

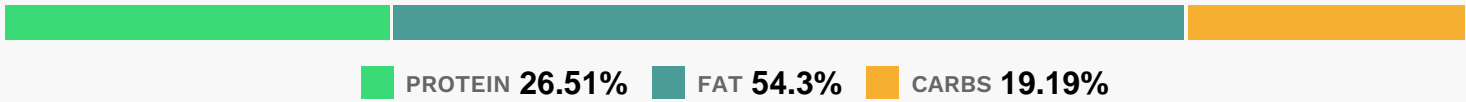
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ wok

## Directions

- ☐ Whisk together star anise, soy sauce, rice vinegar, sugar, and rice wine in a medium-sized bowl. Set aside.
- ☐ Place a large wok over high heat. When it starts to smoke, pour in oil. Swirl oil around, and then add chicken legs skin side down. Adjust heat to medium-high and cook undisturbed until they are browned, 3 to 4 minutes. Flip the chicken legs, and add garlic and ginger. Continue cooking until the other side is browned, 3 to 4 minutes.
- ☐ Add Sichuan peppercorns, soy sauce mixture, and chicken stock. Toss chicken pieces with sauce. Turn heat to high and bring to a boil. Then cover the work, reduce heat to low, and cook until juices run clear in the legs, about 10 minutes.
- ☐ Remove legs and set aside on a plate.
- ☐ Turn heat to medium-high, and reduce sauce until it lightly coats the back of a spoon, stirring often.
- ☐ Serve chicken legs with sauce. Pair with white rice or broccoli.

## Nutrition Facts



## Properties

Glycemic Index:54.27, Glycemic Load:9.26, Inflammation Score:-2, Nutrition Score:11.085217413695%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 372.23kcal (18.61%), Fat: 21.71g (33.4%), Saturated Fat: 5.84g (36.47%), Carbohydrates: 17.27g (5.76%), Net Carbohydrates: 16.66g (6.06%), Sugar: 13.28g (14.76%), Cholesterol: 120.7mg (40.23%), Sodium: 962.78mg (41.86%), Alcohol: 1.21g (100%), Alcohol %: 0.71% (100%), Protein: 23.85g (47.7%), Vitamin B3: 7.22mg (36.09%), Selenium: 24.66µg (35.22%), Vitamin B6: 0.5mg (24.89%), Phosphorus: 237.21mg (23.72%), Manganese: 0.3mg (15.21%), Vitamin B2: 0.24mg (14.07%), Zinc: 2.09mg (13.94%), Vitamin B5: 1.38mg (13.76%), Vitamin B12: 0.72µg (12.02%), Potassium: 373.09mg (10.66%), Iron: 1.76mg (9.75%), Magnesium: 37.09mg (9.27%), Vitamin B1: 0.12mg (8.14%), Copper: 0.14mg (7.14%), Vitamin K: 5.9µg (5.62%), Calcium: 31.12mg (3.11%), Vitamin A: 127.97IU (2.56%), Folate: 9.92µg (2.48%), Fiber: 0.61g (2.44%), Vitamin E: 0.36mg (2.4%), Vitamin C: 1.33mg (1.61%)