



## Drunken Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 tablespoons pepper flakes fresh green red
- ☐ 750 ml rice wine dry
- ☐ 0.3 cup cilantro leaves fresh coarsely chopped
- ☐ 3 tablespoons ginger fresh
- ☐ 0.3 cup spring onion finely (including green tops)
- ☐ 2 tablespoons soya sauce
- ☐ 2 tablespoons vegetable oil
- ☐ 12 oz chicken breast halves rinsed

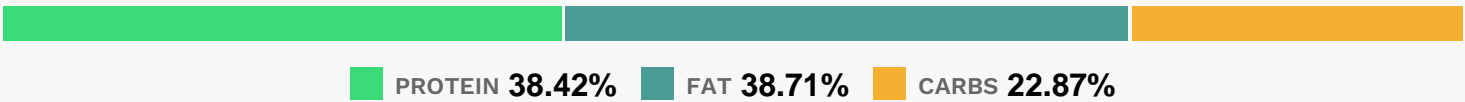
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ In a deep 3- to 4-quart pan over high heat, uncovered, bring wine and 2 cups water to a boil.
- ☐ Add chicken and return to a boil.
- ☐ Remove from heat and cover tightly.
- ☐ Let stand until chicken is no longer pink in center of thickest part (cut to test), 15 to 18 minutes. Lift chicken from cooking liquid and let stand until chicken and liquid are cool, about 1 hour. Return chicken to cool liquid, cover, and chill for at least 2 hours or up to 1 day (see notes).
- ☐ Lift chicken from liquid.
- ☐ Cut chicken crosswise into 1/4-inch-thick slices. Arrange slices, slightly overlapping, on a small platter. In a small bowl, mix soy sauce with 3 tablespoons of the cooking liquid; drizzle evenly over chicken. Reserve remaining cooking liquid to make broth, or discard.
- ☐ Sprinkle green onions and cilantro over chicken.
- ☐ Pour oil into a 6- to 8-inch frying pan over high heat; when it ripples, in about 30 seconds, add ginger and chilies and stir until they sizzle, 10 to 15 seconds. Spoon mixture evenly over chicken.

## Nutrition Facts



## Properties

Glycemic Index:17.38, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:6.0404347220193%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 213.39kcal (10.67%), Fat: 4.55g (7%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 6.05g (2.02%), Net Carbohydrates: 5.81g (2.11%), Sugar: 0.4g (0.44%), Cholesterol: 27.22mg (9.07%), Sodium: 304.01mg (13.22%), Alcohol: 15.31g (100%), Alcohol %: 12.48% (100%), Protein: 10.16g (20.32%), Vitamin B3: 4.7mg (23.51%), Selenium: 15.04µg (21.48%), Vitamin B6: 0.35mg (17.67%), Vitamin K: 14.88µg (14.18%), Phosphorus: 104.76mg (10.48%), Vitamin C: 6.75mg (8.19%), Potassium: 224.85mg (6.42%), Vitamin B5: 0.64mg (6.41%), Magnesium: 21.31mg (5.33%), Vitamin B2: 0.06mg (3.34%), Vitamin E: 0.42mg (2.81%), Iron: 0.47mg (2.61%), Manganese: 0.05mg (2.45%), Vitamin B1: 0.04mg (2.35%), Vitamin A: 113.35IU (2.27%), Zinc: 0.32mg (2.12%), Copper: 0.04mg (2.03%), Folate: 5.97µg (1.49%), Vitamin B12: 0.09µg (1.42%), Calcium: 11.31mg (1.13%)