



Gunpowder chicken with dried red chillies & peanuts



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



6

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 900 g chicken thighs boneless skinless cut into pieces
- ☐ 1 tbsp soya sauce dark
- ☐ 2 tbsp vegetable oil
- ☐ 15 thai chile dried whole
- ☐ 1 tsp peppercorns
- ☐ 1 bunch spring onion cut into 2½ cm pieces
- ☐ 50 g peanuts whole

- ☐ 5 tbsp soya sauce dark
- ☐ 2 tbsp rice wine
- ☐ 4 tbsp vinegar black chinese
- ☐ 4 tbsp chicken stock see
- ☐ 1 tbsp sugar
- ☐ 1 tbsp cornstarch mixed

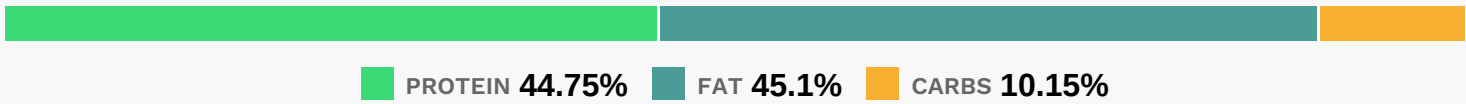
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Marinate the chicken with the soy and leave to sit for 1 hr. If you dont have time to marinate, dont worry but it does add extra flavour.
- ☐ Mix the sauce ingredients in a small bowl and set aside.
- ☐ Using a wok and a small amount of the oil, sear the chicken in batches. When its all browned, remove from the pan and set aside. Snip the stems from the chillies and shake out the seeds.
- ☐ Add the remaining oil and cook the chillies for 1 min, shaking the pan constantly to prevent them burning.
- ☐ Add the chicken back in with the peppercorns, spring onions and peanuts, then stir-fry for 1 min more.
- ☐ Add the sauce and stir for a few mins more until thickened.

Nutrition Facts



Properties

Glycemic Index:38.06, Glycemic Load:1.75, Inflammation Score:-4, Nutrition Score:17.856956336809%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 307.86kcal (15.39%), Fat: 15.02g (23.11%), Saturated Fat: 2.92g (18.25%), Carbohydrates: 7.61g (2.54%), Net Carbohydrates: 6.26g (2.28%), Sugar: 2.94g (3.27%), Cholesterol: 142.8mg (47.6%), Sodium: 1156.86mg (50.3%), Alcohol: 0.81g (100%), Alcohol %: 0.46% (100%), Protein: 33.54g (67.08%), Vitamin B3: 10.67mg (53.37%), Selenium: 35.13µg (50.19%), Vitamin B6: 0.76mg (38.2%), Phosphorus: 345.89mg (34.59%), Vitamin C: 18.96mg (22.98%), Manganese: 0.46mg (22.89%), Vitamin K: 23.26µg (22.15%), Vitamin B5: 2.03mg (20.33%), Vitamin B2: 0.32mg (19.07%), Zinc: 2.6mg (17.32%), Vitamin B12: 0.96µg (16%), Magnesium: 62.13mg (15.53%), Potassium: 525.97mg (15.03%), Vitamin B1: 0.22mg (14.34%), Iron: 2.21mg (12.29%), Copper: 0.22mg (10.83%), Folate: 34.15µg (8.54%), Fiber: 1.35g (5.4%), Vitamin E: 0.73mg (4.83%), Calcium: 34.6mg (3.46%), Vitamin A: 168.62IU (3.37%)