



Kung Pao Chicken



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon bottled ginger minced
- ☐ 1 teaspoon brown sugar
- ☐ 2 teaspoons cornstarch
- ☐ 1 teaspoons pepper red crushed
- ☐ 2 tablespoons sesame oil dark
- ☐ 2 tablespoons dry-roasted peanuts unsalted chopped
- ☐ 2 garlic cloves minced
- ☐ 3 tablespoons lower-sodium soy sauce

- ☐ 1 cup onion chopped
- ☐ 1 cup bell pepper red thinly sliced (1 large pepper)
- ☐ 1 pound chicken thighs boneless skinless cut into 1-inch pieces
- ☐ 1 cup snow peas trimmed
- ☐ 0.8 cup water

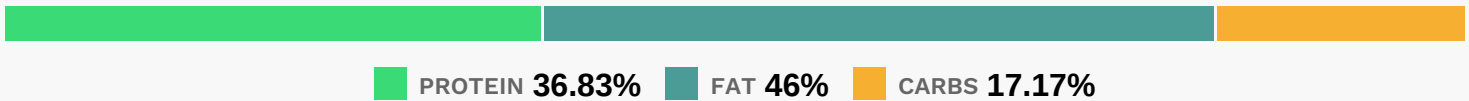
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat sesame oil in a large skillet over medium-high heat.
- ☐ Add onion to pan; saut 3 minutes or until softened.
- ☐ Add garlic; saut 30 seconds, stirring constantly.
- ☐ Add chicken; saut 3 minutes or until chicken begins to brown.
- ☐ Combine 3/4 cup water and the next 5 ingredients (through crushed red pepper), stirring with a whisk until sugar dissolves.
- ☐ Add water mixture to pan; bring to a boil.
- ☐ Add bell pepper and snow peas to pan; cook for 2 minutes or until vegetables are crisp-tender and sauce thickens.
- ☐ Sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.45, Inflammation Score:-9, Nutrition Score:19.648695717687%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol:

0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg

Nutrients (% of daily need)

Calories: 280.34kcal (14.02%), Fat: 14.43g (22.21%), Saturated Fat: 2.61g (16.3%), Carbohydrates: 12.13g (4.04%), Net Carbohydrates: 9.27g (3.37%), Sugar: 5.33g (5.92%), Cholesterol: 107.73mg (35.91%), Sodium: 569.77mg (24.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26g (52%), Vitamin C: 65.84mg (79.81%), Vitamin B3: 7.85mg (39.25%), Selenium: 26.83µg (38.33%), Vitamin B6: 0.76mg (38.13%), Vitamin A: 1609.01IU (32.18%), Phosphorus: 289.77mg (28.98%), Manganese: 0.38mg (18.8%), Vitamin B5: 1.84mg (18.36%), Vitamin B2: 0.3mg (17.79%), Potassium: 564.58mg (16.13%), Magnesium: 59.06mg (14.77%), Zinc: 2.19mg (14.61%), Vitamin B1: 0.2mg (13.49%), Folate: 51.4µg (12.85%), Vitamin K: 12.91µg (12.29%), Vitamin B12: 0.73µg (12.1%), Iron: 2.06mg (11.47%), Fiber: 2.86g (11.42%), Vitamin E: 1.24mg (8.25%), Copper: 0.16mg (8.13%), Calcium: 47.79mg (4.78%)