



## Kung Pao Chicken

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



6

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pinch five-spice powder chinese to taste
- 2 tablespoons brown sugar
- 1 stalk celery diced
- 1 tablespoon cornstarch
- 4 cloves garlic chopped
- 1 onion diced
- 1 teaspoon pepper flakes red to taste
- 1.5 teaspoons rice vinegar

- 0.3 cup roasted peanuts to taste
- 6 servings salt and pepper to taste
- 1 tablespoon asian sesame oil toasted ( )
- 1.5 pounds chicken breast halves boneless skinless cut into cubes
- 2 tablespoons soya sauce
- 2 tablespoons vegetable oil divided
- 0.8 cup water

## Equipment

- bowl
- frying pan
- whisk
- wok

## Directions

- Mix the chicken, 1 tablespoon of cornstarch, salt, pepper, and 1 pinch of five-spice powder together in a bowl until the chicken is coated, and set aside.
- Whisk together water, soy sauce, brown sugar, sesame oil, 1 tablespoon of cornstarch, rice vinegar, and 1 pinch of five-spice powder in a bowl until the mixture is smooth, and set aside.
- Place 1 tablespoon of oil in a wok or large skillet over medium-high heat, and cook and stir the chicken mixture until the chicken is browned, about 5 minutes.
- Remove the chicken from the wok, and set aside.
- Pour 1 more tablespoon of oil into the heated wok, and stir in the onion, celery, garlic, and red pepper flakes. Cook and stir the vegetables until they start to become tender, about 3 minutes.
- Pour in the cornstarch mixture, and cook and stir until the sauce thickens, about 1 minute.
- Remove the wok from the heat, lightly stir in the cooked chicken and peanuts, and serve.

## Nutrition Facts



■ PROTEIN 40.09% ■ FAT 45.71% ■ CARBS 14.2%

## Properties

Glycemic Index:26.5, Glycemic Load:0.64, Inflammation Score:-4, Nutrition Score:14.582608876021%

## Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

## Nutrients (% of daily need)

Calories: 273.79kcal (13.69%), Fat: 13.9g (21.39%), Saturated Fat: 2.3g (14.38%), Carbohydrates: 9.71g (3.24%), Net Carbohydrates: 8.33g (3.03%), Sugar: 4.89g (5.44%), Cholesterol: 72.57mg (24.19%), Sodium: 710.26mg (30.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.43g (54.87%), Vitamin B3: 13.38mg (66.9%), Selenium: 37.51µg (53.59%), Vitamin B6: 0.94mg (47.18%), Phosphorus: 289.42mg (28.94%), Vitamin B5: 1.81mg (18.12%), Potassium: 561.68mg (16.05%), Manganese: 0.32mg (15.79%), Magnesium: 50.07mg (12.52%), Vitamin K: 11.29µg (10.76%), Vitamin B2: 0.14mg (8.47%), Vitamin B1: 0.12mg (7.8%), Zinc: 0.94mg (6.25%), Copper: 0.12mg (6.01%), Fiber: 1.38g (5.53%), Iron: 0.99mg (5.5%), Folate: 21.93µg (5.48%), Vitamin E: 0.77mg (5.13%), Vitamin C: 3.59mg (4.35%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 163.85IU (3.28%), Calcium: 32.09mg (3.21%)