



Kung Pao Chicken

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

READY IN



25 min.

SERVINGS



4

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 teaspoons cornstarch
- 3 cloves garlic thinly sliced
- 1.5 inch ginger peeled thinly sliced
- 3 tablespoons vegetable oil; peanut oil preferred
- 0.5 cup cocktail peanuts
- 1 tablespoon rice wine dry chinese
- 4 cups precut stir-fry vegetables
- 2 bunches scallions sliced cut into 1/2-inch pieces, greens)

- 1.5 teaspoons sesame oil
- 1.3 pounds chicken breasts boneless skinless cut into small chunks
- 1 tablespoon soya sauce
- 1 tablespoon sugar

Equipment

- bowl
- frying pan
- whisk
- wok

Directions

- Mix 1 tablespoon soy sauce and 2 teaspoons each rice wine, cornstarch and water in a medium bowl.
- Add the chicken and toss; cover and refrigerate until ready to use.
- Whisk the remaining 2 teaspoons soy sauce, 1 tablespoon rice wine and 1 1/2 teaspoons cornstarch, the sugar, chili oil and 2 tablespoons water in a small bowl.
- Heat 2 tablespoons peanut oil in a wok or large skillet over medium-high heat.
- Add the chicken and stir-fry 30 seconds.
- Transfer to a plate.
- Heat the remaining 1 tablespoon peanut oil in the skillet.
- Add the garlic, ginger, scallion whites and precut vegetables; stir-fry until the vegetables are crisp-tender, 5 minutes.
- Add the chicken and peanuts and stir-fry until the chicken is cooked through, 3 to 5 minutes. Stir the soy sauce-chili oil mixture, add to the skillet and cook until the sauce thickens, 30 seconds.
- Serve over rice and top with the scallion greens.
- Photograph by Christopher Testani

Nutrition Facts



■ PROTEIN 31.16% ■ FAT 43.14% ■ CARBS 25.7%

Properties

Glycemic Index:55.34, Glycemic Load:10.49, Inflammation Score:-10, Nutrition Score:33.684347481831%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 523.41kcal (26.17%), Fat: 25.74g (39.6%), Saturated Fat: 4.38g (27.35%), Carbohydrates: 34.5g (11.5%), Net Carbohydrates: 25.02g (9.1%), Sugar: 3.42g (3.8%), Cholesterol: 90.72mg (30.24%), Sodium: 508.26mg (22.1%), Alcohol: 0.6g (100%), Alcohol %: 0.2% (100%), Protein: 41.83g (83.67%), Vitamin A: 9404.33IU (188.09%), Vitamin B3: 20.25mg (101.23%), Selenium: 47.97µg (68.52%), Vitamin B6: 1.35mg (67.42%), Manganese: 1.03mg (51.67%), Phosphorus: 490.94mg (49.09%), Fiber: 9.48g (37.91%), Potassium: 1109.71mg (31.71%), Magnesium: 121.01mg (30.25%), Vitamin B1: 0.45mg (30.02%), Vitamin C: 23.72mg (28.75%), Folate: 111.1µg (27.77%), Vitamin B5: 2.68mg (26.84%), Vitamin K: 25.44µg (24.23%), Vitamin B2: 0.34mg (20.09%), Copper: 0.4mg (20.09%), Iron: 3.32mg (18.46%), Zinc: 2.13mg (14.22%), Vitamin E: 2.01mg (13.42%), Calcium: 86.22mg (8.62%), Vitamin B12: 0.28µg (4.72%)