



 17%
HEALTH SCORE

Kung Pao Chicken

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

READY IN



27 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon bottled ginger minced
- 1 teaspoon brown sugar
- 1 teaspoon brown sugar
- 2 teaspoons cornstarch
- 1 teaspoons pepper red crushed
- 2 tablespoons sesame oil dark
- 2 tablespoons roasted peanuts unsalted chopped
- 2 garlic clove minced

- 3 tablespoons 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

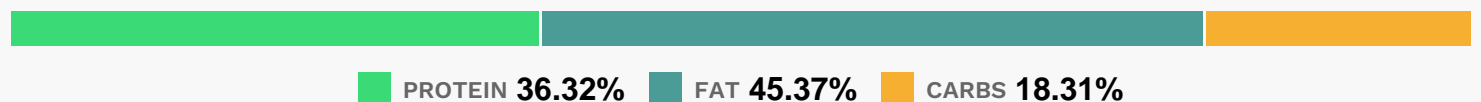
Equipment

- 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:19.662173830945%

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

Nutrients (% of daily need)

Calories: 284.14kcal (14.21%), Fat: 14.43g (22.21%), Saturated Fat: 2.61g (16.3%), Carbohydrates: 13.11g (4.37%), Net Carbohydrates: 10.25g (3.73%), Sugar: 6.3g (7%), Cholesterol: 107.73mg (35.91%), Sodium: 570.05mg (24.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26g (52%), Vitamin C: 65.84mg (79.81%), Vitamin B3: 7.85mg (39.25%), Selenium: 26.84µg (38.35%), Vitamin B6: 0.76mg (38.16%), Vitamin A: 1609.01IU (32.18%), Phosphorus: 289.81mg (28.98%), Manganese: 0.38mg (18.83%), Vitamin B5: 1.84mg (18.37%), Vitamin B2: 0.3mg (17.79%), Potassium: 565.91mg (16.17%), Magnesium: 59.15mg (14.79%), Zinc: 2.19mg (14.62%), Vitamin B1: 0.2mg (13.49%), Folate: 51.41µg (12.85%), Vitamin K: 12.91µg (12.29%), Vitamin B12: 0.73µg (12.1%), Iron: 2.07mg (11.51%), Fiber: 2.86g (11.42%), Vitamin E: 1.24mg (8.25%), Copper: 0.16mg (8.16%), Calcium: 48.62mg (4.86%)