



Kung Pao Chicken

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

READY IN



19 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups broccoli florets
- 1 tablespoon canola oil divided
- 1 teaspoon cornstarch
- 0.5 teaspoon pepper red crushed
- 0.5 cup fat-skimmed beef broth fat-free
- 4 garlic clove minced
- 1 tablespoon ground ginger fresh divided (such as Spice World)
- 2 tablespoons hoisin sauce

- 2 tablespoons soy sauce low-sodium
- 2 tablespoons rice vinegar
- 2 tablespoons roasted peanuts salted coarsely chopped
- 1 pound chicken breast boneless skinless cut into 1/4-inch strips
- 2 tablespoons water

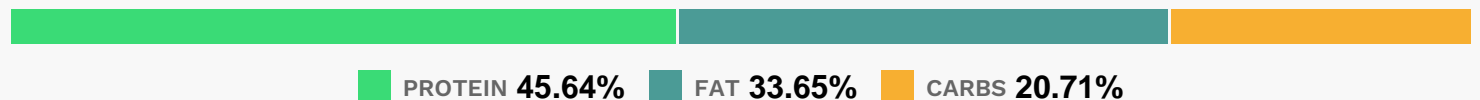
Equipment

- bowl
- frying pan
- whisk

Directions

- Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- Add broccoli and 2 teaspoons ginger to pan; saut 1 minute.
- Add water. Cover; cook 2 minutes or until broccoli is crisp-tender.
- Remove broccoli from pan; keep warm.
- Heat remaining 2 teaspoons oil in pan; add remaining 1 teaspoon ginger, crushed red pepper, and chicken. Cook 4 minutes or until chicken is lightly browned, stirring frequently.
- Combine broth and next 5 ingredients (through garlic) in a small bowl, and stir with a whisk.
- Add broth mixture to pan; cook 1 minute or until mixture thickens, stirring constantly. Return broccoli mixture to pan; toss to coat.
- Sprinkle with peanuts.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:1.46, Inflammation Score:-8, Nutrition Score:27.674347411031%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.14mg, Kaempferol: 7.14mg, Kaempferol: 7.14mg, Kaempferol: 7.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 256.1kcal (12.81%), Fat: 9.67g (14.88%), Saturated Fat: 1.47g (9.2%), Carbohydrates: 13.4g (4.47%), Net Carbohydrates: 9.98g (3.63%), Sugar: 3.91g (4.34%), Cholesterol: 72.81mg (24.27%), Sodium: 722.4mg (31.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.52g (59.04%), Vitamin C: 83.51mg (101.23%), Vitamin K: 95.91µg (91.34%), Vitamin B3: 13.67mg (68.34%), Selenium: 40.97µg (58.53%), Vitamin B6: 1.09mg (54.67%), Manganese: 0.86mg (42.93%), Phosphorus: 344.81mg (34.48%), Potassium: 825.71mg (23.59%), Vitamin B5: 2.3mg (22.98%), Folate: 74.13µg (18.53%), Magnesium: 68.68mg (17.17%), Vitamin B2: 0.27mg (16.14%), Fiber: 3.42g (13.69%), Vitamin A: 676.2IU (13.52%), Vitamin E: 1.69mg (11.27%), Vitamin B1: 0.17mg (11.05%), Iron: 1.77mg (9.85%), Zinc: 1.32mg (8.79%), Copper: 0.15mg (7.36%), Calcium: 67.93mg (6.79%), Vitamin B12: 0.28µg (4.73%)