



## Kung Pao Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tablespoon substitute balsamic vinegar black chinese
- ☐ 1 teaspoon cornstarch
- ☐ 0.3 cup dry-roasted peanuts unsalted
- ☐ 1 teaspoon ginger fresh minced grated
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground sichuan pepper
- ☐ 1 teaspoon hoisin sauce
- ☐ 8 chilies dried red

- ☐ 2 teaspoons rice wine dry chinese
- ☐ 3 scallions white green separated thinly sliced
- ☐ 1 teaspoon sesame oil
- ☐ 1 pound chicken breasts boneless skinless cut into 1-inch cubes
- ☐ 1 teaspoon soya sauce
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons vegetable oil

## Equipment

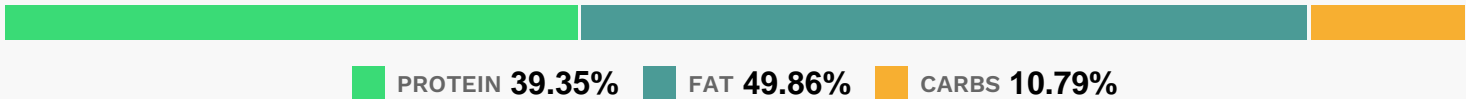
- ☐ bowl
- ☐ frying pan
- ☐ stove
- ☐ wok

## Directions

- ☐ Marinate the chicken: In a medium bowl, stir together the soy sauce, rice wine, and cornstarch until the cornstarch is dissolved.
- ☐ Add the chicken and stir gently to coat.
- ☐ Let stand at room temperature for 10 minutes.
- ☐ Prepare the sauce: In another bowl, combine the blackvinegar, soy sauce, hoisin sauce, sesame oil, sugar, cornstarch, and Sichuan pepper. Stir until the sugar and cornstarch are dissolved and set aside.
- ☐ You may need to turn on your stove's exhaust fan, because stir-frying dried chilies on high heat can get a little smoky.
- ☐ Heat a wok or large skillet over high heat until a bead of water sizzles and evaporates on contact.
- ☐ Add the peanut oil and swirl to coat the base.
- ☐ Add the chilies and stir-fry for about 30 seconds, or until the chilies have just begun to blacken and the oil is slightly fragrant.
- ☐ Add the chicken and stir-fry until no longer pink, 2 to 3 minutes.

- ☐ Add the scallion whites, garlic, and ginger and stir-fry for about 30 seconds.
- ☐ Pour in the sauce and mix to coat the other ingredients. Stir in the peanuts and cook for another 1 to 2 minutes.
- ☐ Transfer to a serving plate, sprinkle the scallion greens on top, and serve.
- ☐ Reprinted with permission from The Chinese Takeout Cookbook by Diana Kuan, © 2012 Ballantine Books
- ☐ Diana Kuan, is a food writer and cooking instructor who has taught Chinese cooking in Beijing and New York. Her writing on food and travel has appeared in The Boston Globe, Gourmet, Food & Wine, and Time Out New York, among other publications. She has appeared on the CBS Early Show and other broadcast media. She is the author of the blog [www.appetiteforchina.com](http://www.appetiteforchina.com), which has more than 6.5 million page views, and teaches Chinese cooking at Whole Foods and the Institute for Culinary Education (ICE) in New York, where she currently resides.

## Nutrition Facts



## Properties

Glycemic Index:61.02, Glycemic Load:2.07, Inflammation Score:-5, Nutrition Score:15.607826149982%

## Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

## Nutrients (% of daily need)

Calories: 280.02kcal (14%), Fat: 15.35g (23.61%), Saturated Fat: 2.53g (15.84%), Carbohydrates: 7.48g (2.49%), Net Carbohydrates: 5.99g (2.18%), Sugar: 3.54g (3.93%), Cholesterol: 72.6mg (24.2%), Sodium: 274.8mg (11.95%), Alcohol: 0.4g (100%), Alcohol %: 0.33% (100%), Protein: 27.26g (54.51%), Vitamin B3: 13.41mg (67.06%), Selenium: 37.38µg (53.4%), Vitamin B6: 0.91mg (45.5%), Vitamin K: 33.02µg (31.45%), Phosphorus: 284.53mg (28.45%), Vitamin B5: 1.78mg (17.79%), Manganese: 0.33mg (16.41%), Potassium: 554.87mg (15.85%), Magnesium: 50mg (12.5%), Vitamin B2: 0.15mg (8.68%), Vitamin A: 390.19IU (7.8%), Vitamin B1: 0.11mg (7.44%), Zinc: 0.92mg (6.14%), Fiber: 1.48g (5.93%), Vitamin E: 0.87mg (5.83%), Folate: 22.95µg (5.74%), Copper: 0.11mg (5.73%), Iron: 0.96mg (5.31%), Vitamin C: 3.86mg (4.68%), Vitamin B12: 0.23µg (3.78%), Calcium: 27.48mg (2.75%)