



Kung Pao Chicken



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons soya sauce
- ☐ 1.5 teaspoons shaoxing rice wine
- ☐ 1 tablespoon water
- ☐ 2 teaspoons cornstarch
- ☐ 3 teaspoons chinkiang vinegar
- ☐ 1 teaspoon sesame oil
- ☐ 3 teaspoons sugar
- ☐ 1 teaspoon cornstarch

- ☐ 2 large chicken breasts boneless skinless
- ☐ 8 chili peppers dried red (preferably Tien Tsin variety)
- ☐ 2.5 tablespoons sesame oil
- ☐ 1 teaspoon szechwan peppercorns whole
- ☐ 1 tablespoon ginger freshly grated
- ☐ 3 cloves garlic thinly sliced
- ☐ 6 green onions chopped
- ☐ 0.7 cup roasted unsalted

Equipment

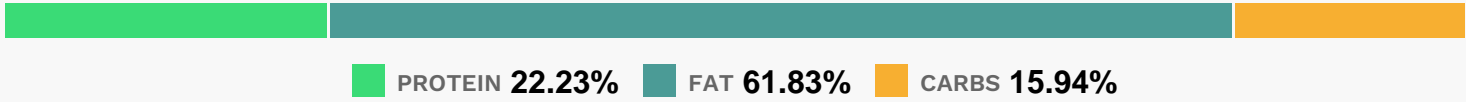
- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Mix together the marinade ingredients. Chop the chicken into bite sized pieces, toss them in the marinade, and set aside.
- ☐ Whisk together sauce ingredients:
- ☐ Combine all the ingredients for the sauce, whisking well to ensure the cornstarch is fully incorporated. Set aside.
- ☐ Prep the seasonings: Break the chilies open and discard the seeds inside, then cut them into a few large pieces (the dish will already be very hot, keeping the seeds will make it near inedible).
- ☐ Stir-fry chilies and peppercorns:
- ☐ Place the 2 1/2 tablespoons of sesame oil in a wok or large sauté pan and place over medium-high heat.
- ☐ Add the chilies and Szechwan peppercorns, if using. Stir-fry for a few second until they become fragrant being careful not to burn them.
- ☐ Add the chicken and aromatics:

- ☐
- Add the chicken. As soon as the pieces have separated, add the ginger, garlic, and green onions. Stir-fry for a few minutes until the chicken is cooked through.
- ☐
- Finish the stir fry:
- ☐
- Add the sauce and toss. When the sauce becomes thick, add the peanuts, toss, and serve.

Nutrition Facts



Properties

Glycemic Index:58.52, Glycemic Load:2.79, Inflammation Score:-6, Nutrition Score:14.913043384967%

Flavonoids

Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 332.32kcal (16.62%), Fat: 23.47g (36.11%), Saturated Fat: 3.62g (22.62%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 10.42g (3.79%), Sugar: 5.14g (5.71%), Cholesterol: 36.16mg (12.05%), Sodium: 239.78mg (10.43%), Alcohol: 0.3g (100%), Alcohol %: 0.29% (100%), Protein: 18.99g (37.97%), Vitamin B3: 9.74mg (48.69%), Vitamin K: 41.62µg (39.64%), Manganese: 0.76mg (37.97%), Selenium: 20.99µg (29.98%), Vitamin B6: 0.6mg (29.78%), Phosphorus: 225.51mg (22.55%), Magnesium: 67.26mg (16.82%), Potassium: 472.28mg (13.49%), Fiber: 3.2g (12.79%), Vitamin B5: 1.21mg (12.11%), Vitamin E: 1.59mg (10.61%), Folate: 38.88µg (9.72%), Vitamin A: 467.51IU (9.35%), Copper: 0.17mg (8.4%), Vitamin B2: 0.14mg (8.3%), Zinc: 1.14mg (7.62%), Iron: 1.17mg (6.47%), Vitamin C: 5.17mg (6.26%), Vitamin B1: 0.09mg (6.12%), Calcium: 40.7mg (4.07%), Vitamin B12: 0.11µg (1.88%)