



Kung Pao Chicken

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

READY IN



30 min.

SERVINGS



30

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 cups broccoli florets fresh
- 0.3 cup classic catalina dressing divided kraft
- 0.3 cup creamy peanut butter
- 2 cloves garlic minced
- 1 Tbsp gingerroot minced
- 2 green onions sliced
- 1 lb chicken thighs boneless skinless cut into bite-size pieces
- 1 Tbsp lite soy sauce

- 2 tsp thai chili sauce
- 0.3 cup water

Equipment

- frying pan

Directions

- Bring water to boil in large nonstick skillet.
- Add broccoli; cover. Simmer on medium-low heat 5 min. or until crisp-tender. Meanwhile, mix peanut butter, soy sauce, chili sauce and 2 Tbsp. dressing until blended.
- Transfer broccoli to serving plate; cover to keep warm.
- Heat remaining dressing in same skillet on medium-high heat.
- Add garlic and ginger; cook and stir 1 min.
- Add chicken; cook 2 min., stirring frequently. Stir in peanut butter mixture; cook 5 to 7 min. or until chicken is done and sauce is thickened, stirring frequently to scrape browned bits from bottom of skillet.
- Spoon chicken mixture next to broccoli; sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:4.6, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:3.948695654445444%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 43.52kcal (2.18%), Fat: 2.15g (3.31%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 1.82g (0.66%), Sugar: 1.1g (1.24%), Cholesterol: 14.36mg (4.79%), Sodium: 91.69mg (3.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.85%), Vitamin K: 17.59µg (16.75%), Vitamin C: 13.81mg (16.74%),

Vitamin B3: 1.26mg (6.32%), Selenium: 3.93µg (5.61%), Vitamin B6: 0.11mg (5.42%), Phosphorus: 47.21mg (4.72%), Manganese: 0.07mg (3.7%), Folate: 12.69µg (3.17%), Vitamin B2: 0.05mg (2.98%), Vitamin B5: 0.3mg (2.96%), Potassium: 103.58mg (2.96%), Magnesium: 10.91mg (2.73%), Zinc: 0.36mg (2.37%), Vitamin E: 0.35mg (2.35%), Vitamin A: 108.38IU (2.17%), Fiber: 0.54g (2.16%), Vitamin B1: 0.03mg (1.93%), Iron: 0.3mg (1.68%), Vitamin B12: 0.1µg (1.61%), Copper: 0.03mg (1.41%), Calcium: 10.76mg (1.08%)