



Kung Pao Chicken Tacos

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil divided
- ☐ 0.8 cup celery diagonally sliced (2 stalks)
- ☐ 8 6-inch corn tortillas ()
- ☐ 0.3 cup cornstarch divided
- ☐ 1 tablespoon sesame oil dark
- ☐ 3 tablespoons roasted peanuts coarsely chopped
- ☐ 1 large garlic clove minced
- ☐ 0.3 cup spring onion sliced

- ☐ 1.5 tablespoons honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 4 lime wedges
- ☐ 3 tablespoons soy sauce divided
- ☐ 0.5 medium bell pepper red thinly sliced
- ☐ 2 teaspoons rice vinegar
- ☐ 6 chicken thighs boneless skinless cut into bite-sized pieces
- ☐ 1 teaspoon chili paste depending on your taste pref fresh (ground chile paste)

Equipment

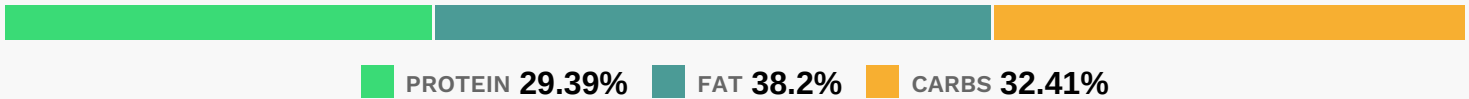
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ broiler
- ☐ ziploc bags
- ☐ microwave
- ☐ slotted spoon

Directions

- ☐ Place chicken in a large zip-top plastic bag.
- ☐ Add 1 tablespoon soy sauce to bag; seal. Marinate at room temperature for 30 minutes.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Place 1/4 cup cornstarch in a shallow dish.
- ☐ Sprinkle the chicken evenly with salt.
- ☐ Add chicken to cornstarch in dish, and toss chicken to thoroughly coat. Shake off excess cornstarch.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 1 tablespoon canola oil to pan; swirl to coat.

- ☐ Add half of coated chicken; saut for 6 minutes or until done, turning to brown.
- ☐ Remove chicken from pan using a slotted spoon; drain on paper towels. Repeat the procedure with remaining 1 tablespoon canola oil and coated chicken.
- ☐ Combine remaining 1 1/2 teaspoons cornstarch, remaining 2 tablespoons soy sauce, honey, and next 3 ingredients (through sambal oelek) in a microwave–safe bowl, stirring with a whisk until smooth. Microwave at HIGH for 1 1/2 minutes or until slightly thick, stirring twice. Stir in garlic.
- ☐ Combine soy sauce mixture, chicken, peanuts, and celery; toss to coat chicken.
- ☐ Toast tortillas under broiler or on a griddle until lightly blistered, turning frequently.
- ☐ Place 2 tortillas on each of 4 plates; divide chicken mixture evenly among tortillas. Top each taco with green onions and bell pepper strips; serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:77.69, Glycemic Load:14.35, Inflammation Score:-7, Nutrition Score:24.703043315722%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 530.02kcal (26.5%), Fat: 22.8g (35.08%), Saturated Fat: 3.59g (22.44%), Carbohydrates: 43.53g (14.51%), Net Carbohydrates: 38.06g (13.84%), Sugar: 8.48g (9.42%), Cholesterol: 161.02mg (53.67%), Sodium: 802.97mg (34.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.48g (78.95%), Selenium: 42.73µg (61.05%), Vitamin B3: 11.82mg (59.12%), Phosphorus: 547.18mg (54.72%), Vitamin B6: 0.99mg (49.49%), Vitamin C: 26.91mg (32.61%), Vitamin K: 34.05µg (32.42%), Magnesium: 104.68mg (26.17%), Manganese: 0.5mg (25%), Zinc: 3.65mg (24.33%), Vitamin B2: 0.41mg (23.96%), Vitamin B5: 2.38mg (23.82%), Fiber: 5.47g (21.89%), Potassium: 746.47mg (21.33%), Vitamin B12: 1.08µg (18.08%), Vitamin B1: 0.25mg (16.97%), Iron: 2.76mg (15.32%), Vitamin E: 2.15mg (14.33%), Vitamin A: 687.12IU (13.74%), Copper: 0.27mg (13.46%), Folate: 44.85µg (11.21%), Calcium: 91.51mg (9.15%)