



Kung Po Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 chicken breast
- 8 to 5 chilies dried red
- 6 tablespoons corn oil
- 1 teaspoon cornstarch
- 1 egg whites
- 0.5 cup roasted peanuts
- 4 servings salt
- 2 spring onion cut in 1/4 in

- 1 teaspoon sesame oil
- 2 tablespoons soya sauce
- 4 servings water
- 1 teaspoon vinegar white

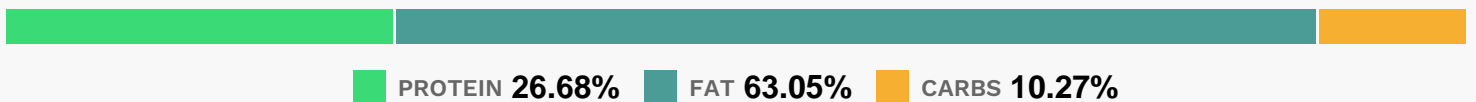
Equipment

- pot
- sieve
- wok

Directions

- Cut chicken into 1/2 inch cubes. You will have about 1-1/2 cups.
- Combine the egg white, cornstarch, soy sauce and 1 tbsp water and add to chicken cubes, mixing well. Set aside for 30 minutes. Wipe the chicli peppers clean with a wet towel.
- Remove the tops and set aside on plate with scallions
- Combine the sauce ingredients in a cup. Set aside near cooking area.
- Place a strainer over a pot near the cooking area.
- Heat a wok over moderate heat until it is very hot.
- Add the peanut oil and heat to about 30
- Mix the chicken again and add to the hot oil. Raise the heat to

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:3.12, Inflammation Score:-8, Nutrition Score:27.11%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Taste

Sweetness: 20.49%, Saltiness: 100%, Sourness: 21.56%, Bitterness: 43.66%, Savoriness: 57.66%, Fattiness: 81.02%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 478.32kcal (23.92%), Fat: 34.31g (52.78%), Saturated Fat: 3.89g (24.3%), Carbohydrates: 12.57g (4.19%), Net Carbohydrates: 9.36g (3.4%), Sugar: 5.12g (5.69%), Cholesterol: 72.32mg (24.11%), Sodium: 940.04mg (40.87%), Protein: 32.66g (65.32%), Vitamin C: 131.81mg (159.77%), Vitamin B3: 16.03mg (80.13%), Vitamin B6: 1.37mg (68.53%), Selenium: 39.61µg (56.58%), Phosphorus: 361.79mg (36.18%), Manganese: 0.67mg (33.59%), Vitamin K: 34.24µg (32.61%), Vitamin E: 4mg (26.66%), Potassium: 897.47mg (25.64%), Magnesium: 88.76mg (22.19%), Vitamin B5: 2.1mg (20.98%), Vitamin A: 950.52IU (19.01%), Copper: 0.32mg (16.22%), Vitamin B2: 0.26mg (15.14%), Vitamin B1: 0.2mg (13.59%), Folate: 53.98µg (13.49%), Fiber: 3.21g (12.83%), Iron: 2.07mg (11.53%), Zinc: 1.34mg (8.96%), Calcium: 50.45mg (5.04%), Vitamin B12: 0.23µg (3.88%)