



## Mou Shu Chicken

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 16 ounces coleslaw mix
- ☐ 8 ounces mushrooms sliced
- ☐ 2 cups chicken shredded cooked
- ☐ 1 tablespoon ginger grated
- ☐ 3 tablespoons hoisin sauce
- ☐ 1.3 cups milk
- ☐ 1 eggs

- ☐ 1 serving spring onion  chopped
- ☐ 1.3 cups frangelico

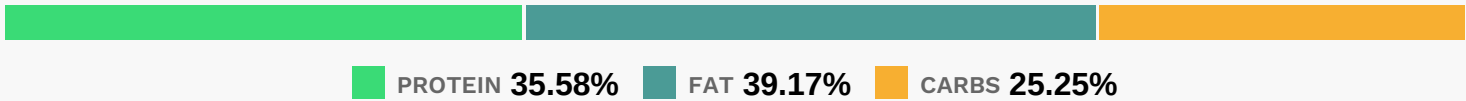
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat oil in 4-quart Dutch oven over medium-high heat. Cook coleslaw mix, mushrooms, chicken and gingerroot in oil about 10 minutes, stirring frequently, until vegetables are tender. Stir in hoisin sauce. Reduce heat; keep warm.
- ☐ Stir Bisquick mix, milk and egg in medium bowl until blended. Stir in onions.
- ☐ Lightly spray 10-inch skillet with cooking spray; heat over medium-high heat.
- ☐ Pour slightly less than 1/4 cup batter into skillet; rotate skillet to make a thin pancake, 5 to 6 inches in diameter. Cook until bubbles break on surface; turn. Cook other side until golden brown. Keep warm while making remaining pancakes.
- ☐ Spoon about 1/2 cup vegetable mixture onto each pancake; roll up.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:2.32, Inflammation Score:-4, Nutrition Score:14.965652123741%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 185.03kcal (9.25%), Fat: 8.17g (12.57%), Saturated Fat: 2.46g (15.36%), Carbohydrates: 11.85g (3.95%), Net Carbohydrates: 9.31g (3.39%), Sugar: 7.87g (8.74%), Cholesterol: 68.62mg (22.87%), Sodium: 210.14mg (9.14%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.7g (33.41%), Vitamin K: 63.91µg (60.87%), Vitamin C: 28.74mg (34.84%), Vitamin B3: 5.39mg (26.93%), Selenium: 18.6µg (26.57%), Vitamin B2: 0.37mg (21.94%), Phosphorus: 211.43mg (21.14%), Vitamin B6: 0.38mg (18.76%), Vitamin B5: 1.49mg (14.9%), Potassium: 459.08mg (13.12%), Folate: 47.32µg (11.83%), Calcium: 107.07mg (10.71%), Fiber: 2.54g (10.17%), Vitamin B1: 0.14mg (9.22%), Zinc: 1.38mg (9.19%), Copper: 0.18mg (9.03%), Manganese: 0.18mg (8.77%), Vitamin B12: 0.49µg (8.17%), Magnesium: 31.88mg (7.97%), Iron: 1.34mg (7.45%), Vitamin D: 0.78µg (5.21%), Vitamin A: 225.62IU (4.51%), Vitamin E: 0.44mg (2.91%)