



Pea Shoots and Chicken in Garlic Sauce



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup chicken broth
- ☐ 1 tablespoon cornstarch
- ☐ 4 cloves garlic minced
- ☐ 1 bunch pea shoots trimmed
- ☐ 4 servings salt and pepper black to taste
- ☐ 1.5 teaspoons sesame oil
- ☐ 2 chicken breast halves boneless skinless cut into thin strips
- ☐ 2 tablespoons vegetable oil

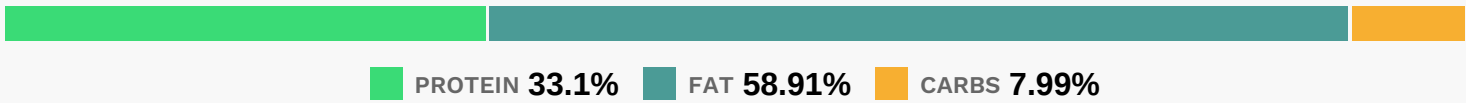
Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ wok

Directions

- ☐ Toss the strips of chicken breast with the cornstarch in a mixing bowl.
- ☐ Sprinkle with the sesame oil and toss until evenly mixed.
- ☐ Heat the vegetable oil in a wok or large skillet over high heat. Stir in the chicken and cook until lightly browned, about 5 minutes.
- ☐ Add the garlic and cook until fragrant. Stir in the pea shoots just until wilted; pour in the chicken broth and bring to a simmer. Cook and stir a few minutes until the chicken broth has thickened. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:6.672608739656%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 152.56kcal (7.63%), Fat: 9.87g (15.19%), Saturated Fat: 1.58g (9.87%), Carbohydrates: 3.01g (1%), Net Carbohydrates: 2.93g (1.07%), Sugar: 0.22g (0.24%), Cholesterol: 37.04mg (12.35%), Sodium: 423.54mg (18.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.48g (24.96%), Vitamin B3: 6.01mg (30.05%), Selenium: 18.74µg (26.77%), Vitamin B6: 0.46mg (23.02%), Phosphorus: 125.26mg (12.53%), Vitamin K: 12.87µg (12.26%), Vitamin B5: 0.83mg (8.27%), Potassium: 229.11mg (6.55%), Vitamin B2: 0.09mg (5.05%), Vitamin E: 0.7mg (4.7%), Manganese: 0.08mg (4.02%), Magnesium: 15.95mg (3.99%), Vitamin B1: 0.05mg (3.43%), Zinc: 0.4mg (2.63%), Vitamin C: 1.79mg (2.17%), Vitamin B12: 0.12µg (2.03%), Iron: 0.3mg (1.69%), Copper: 0.03mg (1.6%), Calcium: 10.18mg (1.02%)