



Peanut Sesame Chicken with Mushrooms

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

READY IN



60 min.

SERVINGS



6

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cornstarch
- 0.8 cup roasted peanuts unsalted chopped
- 8 ounces mushrooms fresh chopped
- 8 ounces mushrooms fresh chopped
- 3 cloves garlic minced
- 1 cup glutinous rice white uncooked (sushi rice)
- 5 spring onion chopped
- 1 tablespoon rice vinegar

- 2 teaspoons sesame oil
- 2 tablespoons sesame seed toasted
- 3 chicken breast halves boneless skinless cubed
- 3 tablespoons soya sauce
- 2 tablespoons vegetable oil
- 2 tablespoons water cold

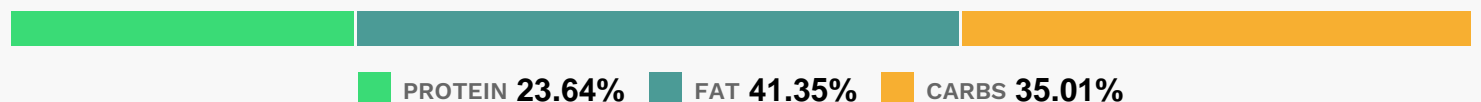
Equipment

- bowl
- frying pan
- sauce pan

Directions

- In a medium saucepan, bring the 2 cups water and rice to a boil. Cover, reduce heat to low, and simmer 20 minutes.
- Heat the vegetable oil and sesame oil in a large skillet over medium-high heat, and saute the green onions and garlic until tender.
- Mix in the chicken and mushrooms, and continue to cook and stir about 5 minutes.
- Mix in the rice vinegar, soy sauce, and sesame seeds. Reduce heat to medium-low, and simmer 20 minutes, stirring occasionally.
- In a bowl, mix the cornstarch and 2 tablespoons cold water. Stir the cornstarch mixture and peanuts into the skillet and cook for a few minutes over high heat to thicken.
- Serve over the cooked rice.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:21.2, Inflammation Score:-5, Nutrition Score:19.74565195519%

Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 384.33kcal (19.22%), Fat: 18.07g (27.8%), Saturated Fat: 2.84g (17.77%), Carbohydrates: 34.41g (11.47%), Net Carbohydrates: 30.48g (11.08%), Sugar: 1.91g (2.12%), Cholesterol: 36.16mg (12.05%), Sodium: 655.81mg (28.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.24g (46.49%), Vitamin B3: 12.55mg (62.74%), Manganese: 0.93mg (46.39%), Selenium: 32.45µg (46.35%), Vitamin B6: 0.65mg (32.26%), Phosphorus: 310.93mg (31.09%), Copper: 0.56mg (28.22%), Vitamin K: 29.36µg (27.96%), Vitamin B5: 2.5mg (24.97%), Vitamin B2: 0.42mg (24.87%), Potassium: 680.08mg (19.43%), Magnesium: 74.7mg (18.67%), Vitamin B1: 0.25mg (16.38%), Fiber: 3.93g (15.73%), Folate: 50.92µg (12.73%), Iron: 2.28mg (12.67%), Zinc: 1.76mg (11.73%), Calcium: 64.79mg (6.48%), Vitamin C: 4.61mg (5.59%), Vitamin E: 0.57mg (3.78%), Vitamin B12: 0.14µg (2.39%), Vitamin A: 117.03IU (2.34%), Vitamin D: 0.21µg (1.38%)