



Saltado de Vainitas (Peruvian Green Beans with Chicken)

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

READY IN



40 min.

SERVINGS



6

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon canola oil divided
- ☐ 1.3 pounds meat from a rotisserie chicken cut into 1-inch cubes
- ☐ 2 chile peppers diced seeded
- ☐ 1 cup cilantro leaves chopped
- ☐ 3 cloves garlic minced
- ☐ 24 ounce green beans frozen french-style thawed
- ☐ 1 tablespoon ground cumin divided

- ☐ 1 onion red halved sliced
- ☐ 4 roma tomatoes cut into eighths (plum)
- ☐ 6 servings salt to taste
- ☐ 6 tablespoons soya sauce divided
- ☐ 3 tablespoons citrus champagne vinegar

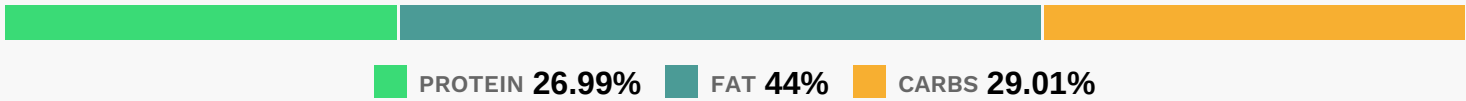
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat half the canola oil in a wok or large skillet over medium-high heat.
- ☐ Saute garlic and chile peppers in hot oil until fragrant, about 1 minute.
- ☐ Add chicken to the wok. Stir half the soy sauce and half the cumin into the chicken mixture; cook just until the chicken is no longer pink in the middle, 5 to 7 minutes.
- ☐ Transfer mixture to a bowl, retaining some of the drippings in the skillet and return to heat.
- ☐ Heat remaining oil in the skillet with the retained drippings. Stir onion with the remaining soy sauce and cumin into the oil mixture; cook and stir until the onion is transparent, about 5 minutes.
- ☐ Add tomatoes to the onion mixture; cook and stir until the tomatoes begin to soften, about 1 minute.
- ☐ Return chicken mixture to the wok; add green beans and vinegar. Cook and stir the mixture until the green beans are tender, about 10 minutes. Season with salt and sprinkle cilantro over the mixture; toss to mix.

Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:3.81, Inflammation Score:-8, Nutrition Score:17.544782508974%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg

Nutrients (% of daily need)

Calories: 192.9kcal (9.64%), Fat: 9.84g (15.14%), Saturated Fat: 2.23g (13.93%), Carbohydrates: 14.61g (4.87%), Net Carbohydrates: 10.16g (3.69%), Sugar: 6.72g (7.47%), Cholesterol: 34.02mg (11.34%), Sodium: 1245.74mg (54.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.58g (27.17%), Vitamin K: 64.89µg (61.8%), Vitamin C: 44.44mg (53.86%), Vitamin A: 1526.2IU (30.52%), Vitamin B3: 5.17mg (25.84%), Manganese: 0.52mg (25.8%), Vitamin B6: 0.51mg (25.63%), Fiber: 4.45g (17.8%), Iron: 3.08mg (17.12%), Potassium: 576.94mg (16.48%), Phosphorus: 164.02mg (16.4%), Magnesium: 59.48mg (14.87%), Folate: 58.31µg (14.58%), Vitamin B2: 0.23mg (13.8%), Vitamin B1: 0.18mg (11.76%), Selenium: 7.81µg (11.16%), Copper: 0.2mg (9.76%), Vitamin E: 1.44mg (9.61%), Vitamin B5: 0.85mg (8.49%), Zinc: 1.17mg (7.77%), Calcium: 75.38mg (7.54%), Vitamin B12: 0.14µg (2.34%)