



## Shredded Chicken in Hot Sauce

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

READY IN



45 min.

SERVINGS



4

CALORIES



849 kcal

SAUCE

### Ingredients

- 0.8 cup bell pepper red (1 x)
- 0.8 cup bell pepper yellow (1 x)
- 4 cups rice hot cooked
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- 1 tablespoon cornstarch
- 0.3 teaspoon pepper red crushed
- 1 tablespoon ginger fresh minced peeled

- 3 garlic clove minced
- 1 cup spring onion coarsely chopped
- 2 tablespoons juice of lemon fresh
- 2 tablespoons soy sauce low-sodium
- 1 tablespoon rice vinegar
- 0.3 teaspoon salt
- 1 pound chicken breast cut into 1/4-inch-wide strips
- 2 tablespoons vegetable oil
- 0.5 teaspoon pepper white

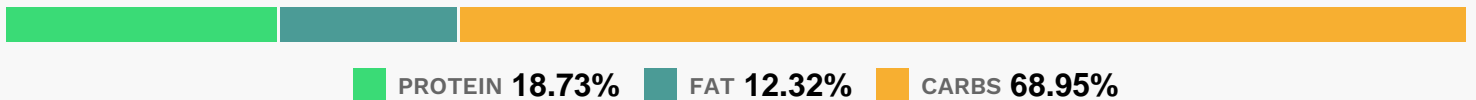
## Equipment

- bowl
- frying pan

## Directions

- Combine the first 5 ingredients in a medium bowl; add chicken. Cover and marinate in refrigerator 30 minutes.
- Heat oil in a large nonstick skillet over medium-high heat; add onions, ginger, and garlic. Saut 1 minute, stirring constantly.
- Add chicken mixture, and saut 2 minutes. Stir in bell peppers, lemon juice, white pepper, and salt; cook 1 1/2 minutes or until chicken is done.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:121.5, Glycemic Load:144.46, Inflammation Score:-8, Nutrition Score:35.160434681436%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

## **Nutrients (% of daily need)**

Calories: 848.79kcal (42.44%), Fat: 11.34g (17.45%), Saturated Fat: 2.09g (13.09%), Carbohydrates: 142.89g (47.63%), Net Carbohydrates: 139.22g (50.63%), Sugar: 2.28g (2.54%), Cholesterol: 72.57mg (24.19%), Sodium: 578.31mg (25.14%), Alcohol: 0g (100%), Protein: 38.81g (77.62%), Manganese: 2.45mg (122.56%), Vitamin C: 96.83mg (117.37%), Selenium: 72.59µg (103.7%), Vitamin B6: 1.48mg (74.17%), Vitamin B3: 14.52mg (72.59%), Vitamin K: 66.02µg (62.88%), Phosphorus: 484.33mg (48.43%), Vitamin B5: 3.67mg (36.72%), Magnesium: 105.87mg (26.47%), Vitamin A: 1251.58IU (25.03%), Potassium: 827.61mg (23.65%), Zinc: 3.3mg (22.03%), Copper: 0.43mg (21.69%), Folate: 60.21µg (15.05%), Vitamin B2: 0.25mg (14.74%), Fiber: 3.67g (14.69%), Vitamin B1: 0.21mg (14.29%), Iron: 2.22mg (12.33%), Vitamin E: 1.64mg (10.92%), Calcium: 84.75mg (8.47%), Vitamin B12: 0.23µg (3.78%)