



## Sichuan-Style Stir-Fried Chicken With Peanuts



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 teaspoon chili paste depending on your taste pref with garlic
- ☐ 6 cups rice long-grain hot cooked
- ☐ 1 teaspoon cornstarch
- ☐ 1.3 teaspoons cornstarch
- ☐ 1 teaspoon sesame oil dark
- ☐ 0.8 cup roasted peanuts unsalted
- ☐ 0.5 cup fat-skimmed beef broth fat-free
- ☐ 1.5 tablespoons ginger fresh minced peeled

- ☐ 7 cloves garlic minced
- ☐ 1 cup spring onion sliced ()
- ☐ 2 tablespoons spring onion minced
- ☐ 2 tablespoons soy sauce low-sodium
- ☐ 2.5 tablespoons soy sauce low-sodium
- ☐ 2 tablespoons rice wine
- ☐ 1.5 pounds chicken breast boneless skinless cut into bite-size pieces
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons vegetable oil divided
- ☐ 1.5 cups water chestnuts drained sliced
- ☐ 1 tablespoon worcestershire sauce black chinese

## Equipment

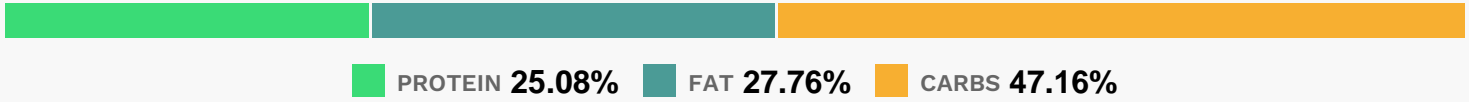
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

## Directions

- ☐ To prepare marinade, combine first 5 ingredients in a medium bowl; cover and chill 20 minutes.
- ☐ Heat 1 tablespoon of the vegetable oil in a wok or large nonstick skillet over medium-high heat.
- ☐ Add the chicken mixture; stir-fry 4 minutes or until chicken is done.
- ☐ Remove from pan; set aside.
- ☐ To prepare sauce, combine broth and next 6 ingredients (broth through 1 teaspoon sesame oil); stir well with a whisk.
- ☐ Heat 1 tablespoon vegetable oil in pan.
- ☐ Add 2 tablespoons green onions, ginger, garlic, and chile paste, and stir-fry for 15 seconds.

- ☐ Add broth mixture, and cook 1 minute or until thick, stirring constantly.
- ☐ Stir in cooked chicken, water chestnuts, sliced onion tops, and peanuts; cook for 1 minute or until thoroughly heated.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:48.02, Glycemic Load:51.27, Inflammation Score:-6, Nutrition Score:26.004782479742%

Flavonoids

Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 578.57kcal (28.93%), Fat: 17.73g (27.28%), Saturated Fat: 2.96g (18.51%), Carbohydrates: 67.78g (22.59%), Net Carbohydrates: 62.63g (22.78%), Sugar: 7.19g (7.99%), Cholesterol: 72.57mg (24.19%), Sodium: 769.31mg (33.45%), Alcohol: 0.81g (100%), Alcohol %: 0.24% (100%), Protein: 36.05g (72.1%), Vitamin B3: 15.91mg (79.57%), Selenium: 51.36µg (73.38%), Manganese: 1.43mg (71.47%), Vitamin B6: 1.26mg (63.2%), Vitamin K: 47.56µg (45.3%), Phosphorus: 431.04mg (43.1%), Vitamin B5: 2.71mg (27.11%), Potassium: 868.29mg (24.81%), Magnesium: 98.24mg (24.56%), Fiber: 5.15g (20.59%), Copper: 0.4mg (19.78%), Zinc: 2.36mg (15.71%), Iron: 2.62mg (14.57%), Folate: 55.38µg (13.84%), Vitamin B2: 0.23mg (13.42%), Vitamin B1: 0.2mg (13.21%), Vitamin C: 7.68mg (9.31%), Vitamin E: 1.26mg (8.42%), Calcium: 71.02mg (7.1%), Vitamin A: 224.34IU (4.49%), Vitamin B12: 0.26µg (4.41%)