

# Spicy Basil Chicken



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon pepper black
- 3 chile peppers hot
- 2 tablespoons chili oil
- 1 bunch basil leaves fresh
- 1 cup mushrooms fresh
- 2 cloves garlic
- 1 teaspoon garlic salt
- 1 cup onions chopped

- 5 tablespoons oyster sauce
- 1 pound chicken breast halves boneless skinless cut into bite-size pieces
- 1.5 teaspoons sugar white

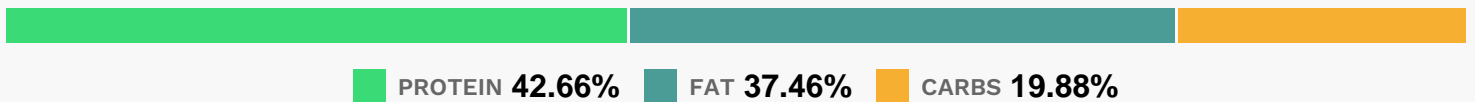
## Equipment

- frying pan

## Directions

- Heat the oil in a skillet over medium-high heat, and cook the garlic and chile peppers until golden brown.
- Mix in chicken and sugar, and season with garlic salt and pepper. Cook until chicken is no longer pink, but not done.
- Stir oyster sauce into the skillet.
- Mix in mushrooms and onions, and continue cooking until onions are tender and chicken juices run clear.
- Remove from heat, and mix in basil.
- Let sit 2 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:76.52, Glycemic Load:3.37, Inflammation Score:-7, Nutrition Score:19.709130385648%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

## Nutrients (% of daily need)

Calories: 247.13kcal (12.36%), Fat: 10.3g (15.85%), Saturated Fat: 1.67g (10.44%), Carbohydrates: 12.31g (4.1%), Net Carbohydrates: 10.62g (3.86%), Sugar: 5.48g (6.09%), Cholesterol: 72.57mg (24.19%), Sodium: 1333.59mg (57.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.4g (52.8%), Vitamin B3: 13.53mg (67.63%), Vitamin C: 54.17mg (65.67%), Selenium: 40.13µg (57.33%), Vitamin B6: 1.12mg (55.99%), Phosphorus: 294.04mg (29.4%), Vitamin B5: 2.12mg (21.16%), Potassium: 693.9mg (19.83%), Vitamin K: 18.47µg (17.59%), Vitamin B2: 0.28mg (16.59%), Manganese: 0.27mg (13.41%), Magnesium: 46.83mg (11.71%), Copper: 0.22mg (10.93%), Vitamin E: 1.49mg (9.93%), Vitamin B1: 0.14mg (9.41%), Vitamin A: 464.49IU (9.29%), Folate: 28.84µg (7.21%), Fiber: 1.68g (6.74%), Zinc: 1mg (6.66%), Iron: 1.19mg (6.63%), Vitamin B12: 0.33µg (5.48%), Calcium: 36.43mg (3.64%), Vitamin D: 0.16µg (1.08%)