



Spicy Peanut Chicken

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup chicken broth (from 32-ounce carton)
- 1 tablespoon cornstarch
- 1 tablespoon sugar
- 2 tablespoons soya sauce
- 1 tablespoon vinegar white
- 0.3 teaspoon ground pepper red (cayenne)
- 1 tablespoon vegetable oil
- 1 pound chicken thighs boneless skinless cut into 3/4-inch pieces

- 1 garlic clove finely chopped
- 1 teaspoon ginger grated
- 1 medium bell pepper red cut into 3/4-inch pieces
- 0.3 cup roasted peanuts
- 2 tablespoons spring onion sliced

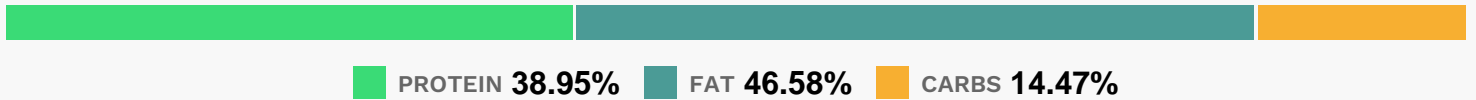
Equipment

- frying pan
- wok

Directions

- Mix broth, cornstarch, sugar, soy sauce, vinegar and red pepper; set aside.
- Heat wok or 12-inch skillet over high heat.
- Add oil; rotate wok to coat side.
- Add chicken, garlic and gingerroot; stir-fry about 3 minutes or until chicken is no longer pink in center.
- Add bell pepper; stir-fry 1 minute.
- Add broth mixture to wok. Cook and stir about 1 minute or until sauce is thickened. Stir in peanuts.
- Sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:69.02, Glycemic Load:2.67, Inflammation Score:-7, Nutrition Score:16.98130440712%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 272.23kcal (13.61%), Fat: 14.2g (21.85%), Saturated Fat: 2.63g (16.46%), Carbohydrates: 9.93g (3.31%), Net Carbohydrates: 7.99g (2.91%), Sugar: 4.56g (5.07%), Cholesterol: 108.02mg (36.01%), Sodium: 713.03mg (31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.71g (53.43%), Vitamin C: 39mg (47.27%), Vitamin B3: 8.86mg (44.32%), Selenium: 26.93µg (38.48%), Vitamin B6: 0.66mg (32.77%), Phosphorus: 282.38mg (28.24%), Vitamin A: 1040.97IU (20.82%), Manganese: 0.41mg (20.7%), Vitamin B5: 1.67mg (16.67%), Vitamin K: 17.32µg (16.5%), Vitamin B2: 0.26mg (15.52%), Zinc: 2.12mg (14.12%), Magnesium: 55.13mg (13.78%), Potassium: 472.81mg (13.51%), Vitamin B12: 0.73µg (12.14%), Vitamin B1: 0.17mg (11.25%), Folate: 37.3µg (9.33%), Iron: 1.62mg (9%), Copper: 0.17mg (8.56%), Fiber: 1.94g (7.74%), Vitamin E: 1.01mg (6.76%), Calcium: 30.93mg (3.09%)