



## Spicy Screamin' Szechuan Stir Fry

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup bamboo skewers
- 1.5 cups broccoli florets
- 0.8 cup carrots diced
- 6 servings ground pepper
- 3 stalks celery diced
- 3 tablespoons chili paste depending on your taste pref red (I've found Sun Luck brand to be the best)
- 1.5 teaspoons chili oil hot
- 1 pepper flakes diced yellow

- 2 chili peppers diced yellow
- 1 tablespoon apple cider vinegar
- 1 teaspoon garlic minced
- 3 teaspoons garlic minced
- 0.5 teaspoon ginger
- 2 tablespoons honey
- 2 tablespoons vegetable oil; peanut oil preferred
- 1 large bell pepper diced red
- 1 to 5 chilies diced red
- 2 to 5 chilies diced red
- 2 tablespoons rice vinegar
- 6 spring onion diced
- 3 teaspoons penzey's southwest seasoning (with szechuan peppercorns, anise, etc. but i'm content with the mccormick va)
- 12 ounces chicken breast
- 0.5 teaspoon sesame oil
- 1 tablespoon cooking sherry
- 6 tablespoons soya sauce
- 1.5 cups straw mushrooms
- 3 tablespoons water
- 0.5 cup water chestnuts sliced
- 1 large bell pepper diced yellow

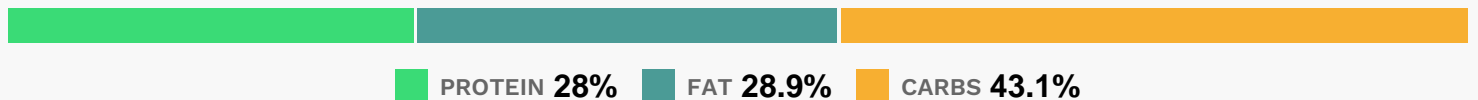
## Equipment

- stove
- wok

## Directions

- Mix together the diced chilies, soy sauce, chili garlic paste, vinegars, and honey until well blended.
- Add the szechuan seasoning, ginger, cayenne, and garlic. Stir to mix.
- Add the oils, mix, and then water down to desired spiciness. Marinate the seitan / chicken / tofu for at least 2 hours, preferably 4–6. Shake or turn occasionally to ensure even flavor distribution.
- Heat the oil in your wok.
- Add scallions, garlic, and chilies and stir fry to season, 1–2 minute
- Turn on the fan above your stove. Trust me.
- Add the marinated chicken and about 1/3 of the sauce.
- Saute on high heat for 5–10 minutes.
- Add carrots, water chestnuts, and celery; stir fry for 4–5 minutes.
- Add 1/3 more of the marinade sauce.
- Add broccoli, bamboo shoots, mushrooms and bell peppers.
- Saute for 3–5 minutes. If you desire, thicken the remaining marinade sauce with 2 tsp cornstarch and stir fry for an additional 1–3 minutes after adding.
- Serve over hot whole wheat spaghetti (trust me, this works) or brown rice.

## Nutrition Facts



### Properties

Glycemic Index: 104.35, Glycemic Load: 6.01, Inflammation Score: -10, Nutrition Score: 29.563913241677%

### Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

### Nutrients (% of daily need)

Calories: 257.01kcal (12.85%), Fat: 8.79g (13.53%), Saturated Fat: 1.54g (9.63%), Carbohydrates: 29.5g (9.83%), Net Carbohydrates: 22.68g (8.25%), Sugar: 12.48g (13.86%), Cholesterol: 36.29mg (12.1%), Sodium: 1293.91mg (56.26%), Alcohol: 0.26g (100%), Alcohol %: 0.09% (100%), Protein: 19.16g (38.32%), Vitamin C: 163.81mg (198.55%), Vitamin A: 5179.73IU (103.59%), Vitamin K: 79.65µg (75.86%), Vitamin B6: 1.01mg (50.33%), Vitamin B3: 8.65mg (43.23%), Selenium: 27.2µg (38.86%), Manganese: 0.63mg (31.62%), Fiber: 6.82g (27.27%), Phosphorus: 252.94mg (25.29%), Potassium: 871.44mg (24.9%), Folate: 93.56µg (23.39%), Vitamin E: 3.29mg (21.94%), Iron: 3.79mg (21.04%), Vitamin B2: 0.28mg (16.63%), Magnesium: 64.1mg (16.02%), Vitamin B5: 1.58mg (15.84%), Copper: 0.29mg (14.65%), Vitamin B1: 0.16mg (10.84%), Calcium: 103.77mg (10.38%), Zinc: 1.44mg (9.61%), Vitamin B12: 0.11µg (1.89%)