



Steamed Bitter Gourd Chicken



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



3

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g bitter melon – seeds and spongy stuff removed white thinly sliced
- ☐ 550 g chicken pieces bone-in
- ☐ 2 tsp cornstarch
- ☐ 25 g dates – de-seeded red cut into half. (18)
- ☐ 1 thumb size ginger cut into matchsticks
- ☐ 0.5 Tbs soya sauce light
- ☐ 0.3 tsp pepper powder white
- ☐ 2 tsp sesame oil

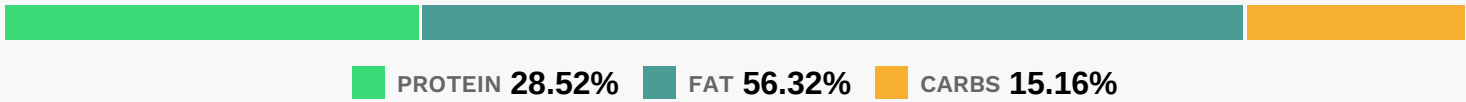
☐ 1 Tbs rice wine

Equipment

Directions

- ☐ For bitter gourd,
- ☐ Cut into half lengthwise and remove the seeds and white spongy stuff. Thinly slice then soak in salted water for about 15 mins to reduce the bitterness slightly.
- ☐ Drain and rinse away the salt.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:2.98, Inflammation Score:-8, Nutrition Score:18.08608692107%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 356.76kcal (17.84%), Fat: 22.06g (33.94%), Saturated Fat: 5.81g (36.3%), Carbohydrates: 13.37g (4.46%), Net Carbohydrates: 8.83g (3.21%), Sugar: 5.37g (5.97%), Cholesterol: 93.5mg (31.17%), Sodium: 262.21mg (11.4%), Alcohol: 0.81g (100%), Alcohol %: 0.36% (100%), Protein: 25.13g (50.27%), Vitamin C: 114.19mg (138.41%), Vitamin B3: 9.25mg (46.27%), Selenium: 18.62µg (26.6%), Folate: 105.88µg (26.47%), Vitamin B6: 0.52mg (25.87%), Phosphorus: 235.28mg (23.53%), Potassium: 702.43mg (20.07%), Zinc: 2.75mg (18.33%), Fiber: 4.54g (18.14%), Vitamin A: 803.37IU (16.07%), Vitamin B5: 1.48mg (14.82%), Magnesium: 53.91mg (13.48%), Vitamin B2: 0.21mg (12.59%), Iron: 1.91mg (10.59%), Manganese: 0.19mg (9.69%), Vitamin B1: 0.13mg (8.99%), Copper: 0.13mg (6.73%), Vitamin B12: 0.39µg (6.44%), Calcium: 44.08mg (4.41%), Vitamin E: 0.43mg (2.84%), Vitamin K: 2.51µg (2.39%), Vitamin D: 0.25µg (1.66%)