



Steamed Chicken with Shiitake Mushrooms & Tofu



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 tsp knorr chicken powder
- ☐ 200 g chicken meat boneless skinless cut into small bite-sized pieces
- ☐ 1 tube japanese egg tofu sliced into 1 cm thickness
- ☐ 125 g mushroom caps fresh sliced
- ☐ 3 cloves garlic diced
- ☐ 1 Tbs oyster sauce
- ☐ 3 dashes pepper powder white

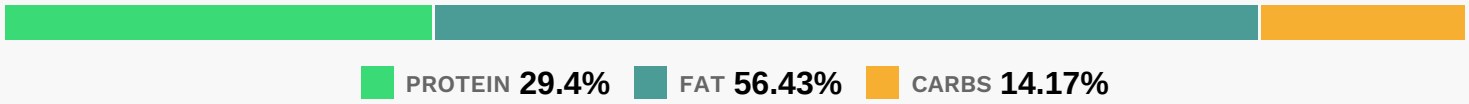
- ☐ 1 tsp sesame oil
- ☐ 2 Tbs rice wine
- ☐ 1 stalk spring onion diced white green separated (and parts)
- ☐ 0.5 tsp sugar

Equipment

Directions

- ☐ Mix together chicken, mushrooms, white part of spring onion, garlic and all ingredients for marinade. Leave to marinate for at least 1 hr.

Nutrition Facts



Properties

Glycemic Index:82.05, Glycemic Load:2.1, Inflammation Score:-4, Nutrition Score:12.631739108459%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 299.99kcal (15%), Fat: 17.82g (27.42%), Saturated Fat: 4.68g (29.26%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 7.84g (2.85%), Sugar: 2.81g (3.12%), Cholesterol: 76.93mg (25.64%), Sodium: 443.52mg (19.28%), Alcohol: 2.41g (100%), Alcohol %: 1.51% (100%), Protein: 20.89g (41.79%), Vitamin B3: 9.44mg (47.18%), Vitamin B6: 0.6mg (29.84%), Selenium: 19.59µg (27.99%), Phosphorus: 233.45mg (23.34%), Vitamin B5: 1.89mg (18.91%), Vitamin B2: 0.28mg (16.65%), Manganese: 0.32mg (15.89%), Zinc: 2.06mg (13.76%), Vitamin K: 14.3µg (13.62%), Potassium: 425.57mg (12.16%), Magnesium: 37.78mg (9.44%), Copper: 0.18mg (9.19%), Fiber: 2.23g (8.93%), Iron: 1.58mg (8.79%), Vitamin B12: 0.35µg (5.88%), Vitamin B1: 0.08mg (5.57%), Vitamin C: 4.46mg (5.41%), Folate: 20µg (5%), Vitamin A: 202.93IU (4.06%), Calcium: 33.55mg (3.35%), Vitamin D: 0.46µg (3.07%), Vitamin E: 0.38mg (2.5%)