



Steamed Fermented Soy Bean Chicken



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 550 g chicken pieces bone-in
- ☐ 0.5 bulb garlic – chopped/pressed finely
- ☐ 25 g ginger julienned
- ☐ 1 tsp soya sauce light
- ☐ 1 chili fresh red finely sliced
- ☐ 1 dash pepper powder white
- ☐ 1 tsp sesame oil
- ☐ 1 Tbs rice wine

- ☐ 1 stalk spring onion – white green separated chopped
- ☐ 0.5 tsp sugar

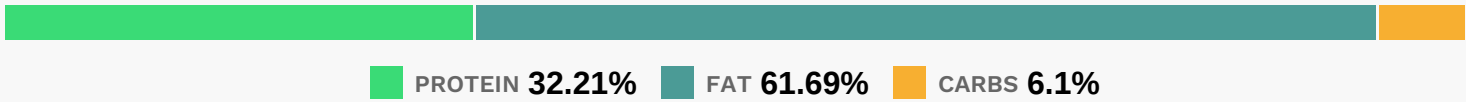
Equipment

- ☐ bowl

Directions

- ☐ Mix all ingredients except the green part of spring onions in a steaming bowl. Cover and leave to marinade for at least 1 hr.

Nutrition Facts



Properties

Glycemic Index:103.55, Glycemic Load:1.95, Inflammation Score:-6, Nutrition Score:17.196956240613%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 461.35kcal (23.07%), Fat: 30.64g (47.13%), Saturated Fat: 8.42g (52.63%), Carbohydrates: 6.82g (2.27%), Net Carbohydrates: 5.91g (2.15%), Sugar: 2.65g (2.95%), Cholesterol: 140.25mg (46.75%), Sodium: 303.4mg (13.19%), Alcohol: 1.21g (100%), Alcohol %: 0.63% (100%), Protein: 35.99g (71.99%), Vitamin B3: 13.25mg (66.24%), Vitamin C: 37.42mg (45.35%), Vitamin B6: 0.81mg (40.39%), Selenium: 27.42µg (39.17%), Phosphorus: 297.41mg (29.74%), Vitamin B5: 1.79mg (17.93%), Vitamin K: 18.71µg (17.82%), Zinc: 2.6mg (17.35%), Vitamin B2: 0.26mg (15.24%), Potassium: 505.94mg (14.46%), Magnesium: 51.44mg (12.86%), Iron: 2.24mg (12.46%), Vitamin A: 535.89IU (10.72%), Vitamin B12: 0.58µg (9.66%), Vitamin B1: 0.14mg (9.21%), Manganese: 0.16mg (8.24%), Copper: 0.16mg (8.18%), Folate: 22.22µg (5.56%), Vitamin E: 0.81mg (5.43%), Fiber: 0.91g (3.66%), Calcium: 33.71mg (3.37%), Vitamin D: 0.37µg (2.49%)