


 **4%**  
HEALTH SCORE

# Three-Cup Chicken

 **Gluten Free**  **Dairy Free**

READY IN  
  
**45 min.**

SERVINGS  
  
**6**

CALORIES  
  
**542 kcal**

LUNCH MAIN COURSE MAIN DISH DINNER

## Ingredients

- 2 leaves basil julienned
- 2 leaves basil julienned
- 1 garlic separated
- 3 slices ginger
- 1 cup rice wine
- 1 cup rice wine
- 1 cup rice wine
- 1 cup sesame oil

- 1 cup soya sauce
- 3 large bunches spring onion cut into 1 inch lengths
- 2 tablespoon sugar fine
- 1 chicken whole

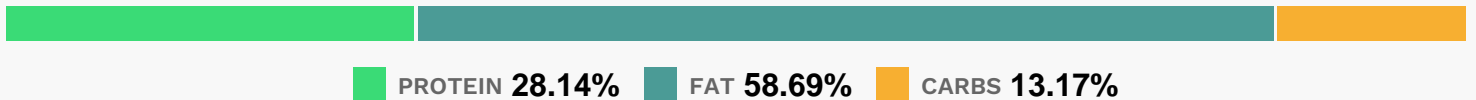
## Equipment

- wok

## Directions

- Marinate chicken with soy, sesame oil and rice wine. At least for 6 hours, although overnight is best. Take the chill off the meat.
- Heat up some sesame oil in a wok or claypot until it is sizzling hot. Throw in garlic, ginger and spring onions. Fry briefly till fragrant.
- Add in chicken and sear. Keep stir-frying.
- Pour in the marinade liquid and the sugar. Continue to cook on medium. Once you have a rolling boil, cover the wok/claypot and let it simmer over a small flame, until all the liquid has disappeared and the chicken is on the cusp of burning. There should hardly be any gravy left. The chicken should be caramelised (charred at parts, even) and sizzling when served.

## Nutrition Facts



## Properties

Glycemic Index:50.35, Glycemic Load:3.32, Inflammation Score:-5, Nutrition Score:12.99%

## Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

## Taste

Sweetness: 35.79%, Saltiness: 85.93%, Sourness: 13.36%, Bitterness: 19.12%, Savoriness: 60.46%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 542.06kcal (27.1%), Fat: 26.47g (40.73%), Saturated Fat: 6.51g (40.72%), Carbohydrates: 13.37g (4.46%), Net Carbohydrates: 12.71g (4.62%), Sugar: 4.95g (5.5%), Cholesterol: 95.22mg (31.74%), Sodium: 2253.38mg (97.97%), Alcohol: 19.32g (107.33%), Protein: 28.56g (57.12%), Vitamin B3: 10.24mg (51.2%), Selenium: 20.45µg (29.21%), Vitamin K: 29.13µg (27.74%), Vitamin B6: 0.54mg (26.87%), Phosphorus: 249.83mg (24.98%), Iron: 2.39mg (13.26%), Vitamin B5: 1.32mg (13.15%), Vitamin B2: 0.22mg (13.1%), Magnesium: 51.23mg (12.81%), Zinc: 1.91mg (12.75%), Manganese: 0.25mg (12.55%), Potassium: 392.27mg (11.21%), Vitamin B1: 0.11mg (7.13%), Copper: 0.14mg (6.96%), Vitamin B12: 0.39µg (6.56%), Vitamin A: 315.01IU (6.3%), Folate: 22.61µg (5.65%), Vitamin C: 4.55mg (5.52%), Calcium: 38.03mg (3.8%), Vitamin E: 0.55mg (3.7%), Fiber: 0.66g (2.63%), Vitamin D: 0.25µg (1.69%)