



Three Teacup Chicken

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

READY IN



20 min.

SERVINGS



6

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup soya sauce gluten-free for version (use soy sauce)
- 0.3 cup rice vinegar
- 0.3 cup sugar
- 1.5 Tablespoons rice wine dry
- 1 Tablespoon sesame oil
- 6 garlic cloves smashed
- 8.3 inch thick of ginger peeled
- 6 scallions chopped

- 1 teaspoon sichuan peppercorns diced red
- 2 lbs chicken breast cut into bite-sized pieces
- 2 pinch of anise seed
- 0.5 cup water

Equipment

- bowl
- frying pan
- wok

Directions

- Make the braising liquid: In a bowl combine the soy sauce, rice vinegar, sugar, and Shaoxing wine together and mix well. Set aside.
- Heat a wok or large sauté pan on high heat until a drop of water will evaporate within 1-2 seconds.
- Place the oil in the wok and swirl.
- Add the garlic, ginger, scallions, and Sichuan peppercorns/chili pepper if using and stir-fry for 30 seconds or until fragrant.
- Add the chicken and stir-fry until no pink on the surface remains (you just want to sear the outside nicely).
- Add the braising liquid and star anise or anise seed if using and cook for 1 minute ensuring that the chicken is well coated in the braising liquid.
- Add the water and cover and cook for 4 more minutes or until the chicken is cooked through and no pink remains.
- Serve immediately over rice with hearty amounts of the broth.
- Garnish with a little extra chopped scallion.

Nutrition Facts



Properties

Glycemic Index:43.68, Glycemic Load:6.61, Inflammation Score:-5, Nutrition Score:17.544347877088%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 255.28kcal (12.76%), Fat: 6.45g (9.93%), Saturated Fat: 1.22g (7.61%), Carbohydrates: 12.85g (4.28%), Net Carbohydrates: 12.15g (4.42%), Sugar: 9g (10%), Cholesterol: 96.77mg (32.26%), Sodium: 720.54mg (31.33%), Alcohol: 0.6g (100%), Alcohol %: 0.33% (100%), Protein: 33.79g (67.59%), Vitamin B3: 16.33mg (81.64%), Selenium: 49.2µg (70.29%), Vitamin B6: 1.22mg (60.91%), Phosphorus: 344.86mg (34.49%), Vitamin K: 25.64µg (24.42%), Vitamin B5: 2.24mg (22.42%), Potassium: 673.82mg (19.25%), Magnesium: 51.75mg (12.94%), Vitamin B2: 0.19mg (10.9%), Manganese: 0.18mg (8.89%), Vitamin C: 6.76mg (8.19%), Vitamin B1: 0.12mg (7.95%), Zinc: 1.06mg (7.05%), Iron: 1.22mg (6.77%), Copper: 0.1mg (5.17%), Vitamin B12: 0.3µg (5.04%), Folate: 16.84µg (4.21%), Vitamin A: 174.24IU (3.48%), Calcium: 28.87mg (2.89%), Fiber: 0.71g (2.82%), Vitamin E: 0.42mg (2.79%), Vitamin D: 0.15µg (1.01%)