

Kung Pao Chicken

Carol Rice

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3 whole chicken breasts, boned,
skinned and cut into 3/4-inch cubes

3 tablespoons oil

1/4 - 1/2 teaspoon crushed red
pepper flakes

2 cloves garlic, minced

1 tablespoon ginger root, minced

SAUCE

6 tablespoons sugar

6 tablespoons soy sauce

2 tablespoons dry sherry

2 tablespoons cornstarch

2 teaspoons vinegar

TOPPING

1/4 - 1/2 cup dry roasted peanuts

4 green onions with tops, sliced in

1-inch diagonal pieces

In a fry pan, heat the oil and add the pepper flakes, garlic and ginger root. Cook for 1 minute.

Add the chicken and stir-fry until the chicken is white and cooked through.

In a separate pan or glass dish, mix the sugar, soy sauce, sherry, cornstarch and vinegar. (The sauce can be made in a microwave).

Stir and heat until the sauce thickens. Pour the sauce over the chicken.

Top with the peanuts and green onion pieces. Toss.

Serve over white rice.

Per Serving (excluding unknown items): 2315 Calories; 121g Fat (48.5% calories from fat); 188g Protein; 103g Carbohydrate; 1g Dietary Fiber; 557mg Cholesterol; 6727mg Sodium. Exchanges: 1 Grain(Starch); 26 Lean Meat; 2 1/2 Vegetable; 8 Fat; 5 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	2315	Vitamin B6 (mg):	4.8mg
% Calories from Fat:	48.5%	Vitamin B12 (mcg):	2.9mcg
% Calories from Carbohydrates:	18.2%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	33.3%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	121g	Folacin (mcg):	52mcg
Saturated Fat (g):	28g	Niacin (mg):	90mg
Monounsaturated Fat (g):	57g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 26g
Cholesterol (mg): 557mg
Carbohydrate (g): 103g
Dietary Fiber (g): 1g
Protein (g): 188g
Sodium (mg): 6727mg
Potassium (mg): 2187mg
Calcium (mg): 130mg
Iron (mg): 9mg
Zinc (mg): 7mg
Vitamin C (mg): 11mg
Vitamin A (i.u.): 735IU
Vitamin A (r.e.): 210RE

Alcohol (kcal): 34
% Refuse: 0.00%

Food Exchanges

Grain (Starch): 1
Lean Meat: 26
Vegetable: 2 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 8
Other Carbohydrates: 5

Nutrition Facts

Amount Per Serving

Calories 2315 **Calories from Fat:** 1123

% Daily Values*

Total Fat 121g	187%
Saturated Fat 28g	139%
Cholesterol 557mg	186%
Sodium 6727mg	280%
Total Carbohydrates 103g	34%
Dietary Fiber 1g	5%
Protein 188g	
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Vitamin A	15%
Vitamin C	19%
Calcium	13%
Iron	50%

* Percent Daily Values are based on a 2000 calorie diet.