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Gong Bao ♦♦

Gong Bao, also known as Kung Pao, is a classic Chinese stir-fry dish. It is made with diced chicken, peanuts, and chili peppers, and is known for its spicy and savory flavors. The dish originated in the Sichuan province of China and is named after Ding Baozhen, a Qing Dynasty official. Gong Bao is typically served with steamed rice.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	chicken breast
100 g	Peanuts
6 pieces	dried red chili peppers
3 cloves	garlic

2 tsp	Ginger
3 tbsp	soy sauce
2 tbsp	rice vinegar
1 tbsp	sugar
1 tbsp	cornstarch
2 tbsp	vegetable oil

Directions

Step 1

In a small bowl, mix together soy sauce, rice vinegar, sugar, and cornstarch. Set aside.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stir-frying

Heat vegetable oil in a wok or large skillet over high heat. Add chicken and stir-fry until cooked through. Remove chicken from the wok and set aside.

Prep Time: 10 mins

Cook Time: 5 mins

Step 3

Stir-frying

In the same wok, add dried red chili peppers and stir-fry for 1 minute. Add garlic and ginger and stir-fry for another minute.

Prep Time: 2 mins

Cook Time: 2 mins

Step 4

Stir-frying

Return the cooked chicken to the wok and pour in the sauce mixture. Stir-fry for 2-3 minutes or until the sauce thickens and coats the chicken evenly.

Prep Time: 2 mins

Cook Time: 3 mins

Step 5

Stir-frying

Add peanuts to the wok and stir-fry for an additional minute. Remove from heat.

Prep Time: 1 mins

Cook Time: 1 mins

Step 6

Serve Gong Bao with steamed rice.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 12 g

Protein: 40 g

Carbohydrates: 17 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	17 g	30.91%	34%
Fibers	3 g	7.89%	12%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	12 g	42.86%	48%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	50 mcg	90.91%	90.91%

Recipe Attributes

Cuisines

Chinese Indian Thai American Middle Eastern

Cultural

Chinese New Year

Course

Snacks

Events

Game Day

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
 Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender

Mixer

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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