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Kung Pao ••

Kung Pao is a classic Chinese dish that is known for its spicy and savory flavors. It originated in the Sichuan province and is typically made with chicken, peanuts, and dried chili peppers. The dish is stir-fried and often includes other ingredients such as bell peppers, onions, and garlic. It is commonly served with rice or noodles.

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
100 g	Peanuts
10 g	dried chili peppers
200 g	Bell peppers
100 g	onion

10 g	garlic
50 ml	soy sauce
30 ml	vinegar
10 g	sugar
10 g	cornstarch
30 ml	oil

Directions

Step 1

Marinating

Marinate the chicken with soy sauce, vinegar, and cornstarch for 15 minutes.

Prep Time: 15 mins

Cook Time: 0 mins

Step 2

Stir-frying

Heat oil in a wok or large skillet over high heat. Add dried chili peppers and stir-fry for 30 seconds.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Stir-frying

Add chicken to the wok and stir-fry until cooked through.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Stir-frying

Add bell peppers, onion, and garlic to the wok and stir-fry for 2-3 minutes.

Prep Time: 0 mins

Cook Time: 3 mins

Step 5

Stir-frying

In a small bowl, mix together soy sauce, vinegar, sugar, and cornstarch. Add the mixture to the wok and stir-fry for another minute.

Prep Time: 0 mins

Cook Time: 1 mins

Step 6

Stir-frying

Add peanuts to the wok and stir-fry for another minute.

Prep Time: 0 mins

Cook Time: 1 mins

Step 7

Serving

Serve hot with rice or noodles.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
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	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	400 mg	11.76%	15.38%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Cuisines

Chinese

Indian

Japanese

Mediterranean

Middle Eastern

Course

Snacks

Salads

Main Dishes

Events

Game Day

Diet

Anti-Inflammatory Diet

Nutritional Content

Low Calorie

Low Fat

High Fiber

Low Sodium

Sugar-Free

High Iron

High Calcium

Kitchen Tools

Blender

Mixer

Oven

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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