



20-Minute Thai Peanut Chicken

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb chicken breast boneless skinless
- 0.5 cup panko bread crumbs plain crispy
- 0.5 cup roasted peanuts finely chopped
- 0.3 cup satay sauce
- 2 tablespoons mayonnaise
- 1 serving cilantro leaves fresh
- 1 serving satay sauce

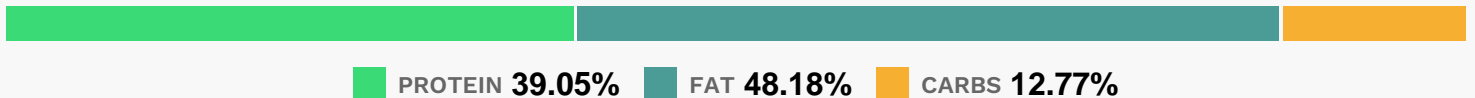
Equipment

- baking sheet
- oven
- plastic wrap
- aluminum foil
- rolling pin
- meat tenderizer

Directions

- Heat oven to 400°F. Line baking sheet with foil; spray with cooking spray. Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/2-inch thick.
- In shallow dish, mix together 1/4 cup peanut sauce and mayonnaise. In another shallow dish, mix together panko and peanuts. Dip chicken in peanut sauce mixture, then dip in panko mixture.
- Place on baking sheet.
- Bake 15 to 20 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (165°F) and coating is golden brown.
- Garnish with cilantro.
- Serve additional peanut sauce as a dipping sauce.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:18.989130714665%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 384.29kcal (19.21%), Fat: 20.38g (31.35%), Saturated Fat: 3.09g (19.32%), Carbohydrates: 12.16g (4.05%), Net Carbohydrates: 10.2g (3.71%), Sugar: 3.16g (3.51%), Cholesterol: 93.66mg (31.22%), Sodium: 555.09mg (24.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.16g (74.32%), Vitamin B3: 18.01mg (90.04%), Selenium:

48.78µg (69.68%), Vitamin B6: 1.12mg (55.9%), Phosphorus: 382.15mg (38.22%), Manganese: 0.52mg (26.03%), Vitamin B5: 2.33mg (23.28%), Potassium: 682.32mg (19.49%), Magnesium: 70.82mg (17.7%), Vitamin B1: 0.22mg (14.79%), Vitamin K: 12.27µg (11.68%), Vitamin B2: 0.19mg (11.11%), Folate: 37.06µg (9.26%), Copper: 0.18mg (8.97%), Zinc: 1.31mg (8.71%), Fiber: 1.96g (7.85%), Iron: 1.32mg (7.32%), Vitamin B12: 0.32µg (5.3%), Calcium: 39.64mg (3.96%), Vitamin E: 0.51mg (3.37%), Vitamin C: 1.71mg (2.07%), Vitamin D: 0.16µg (1.04%)