



 **54%**
HEALTH SCORE

Asian Chicken with Peanut Sauce

 Dairy Free

READY IN



150 min.

SERVINGS



4

CALORIES



1233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado cut into bite-size pieces
- 1 tablespoon sesame seed black toasted
- 1 tablespoon canola oil
- 1 pound chicken breasts
- 0.3 cup chicken stock see
- 4 servings cilantro leaves
- 2 tablespoons cornmeal
- 1 cup creamy peanut butter

- 1 packet yeast dry
- 1 tablespoon fish sauce
- 1.5 cups flour all-purpose
- 0.5 teaspoon ginger fresh pressed
- 2 teaspoons ginger fresh pressed
- 0.5 teaspoon garlic fresh pressed
- 2 cloves garlic
- 1 tablespoon ginger chopped
- 0.3 cup honey
- 1 tablespoon hot sauce (recommended: Salsita Habanero Chiles)
- 1 teaspoon kosher salt
- 1 lime freshly squeezed
- 10 large mint leaves chopped
- 1 tablespoon orange zest
- 1 pineapple cored peeled cut into round slices
- 1 bell pepper red seeded sliced into thin strips
- 1 pinch pepper flakes red
- 0.5 cup rice vinegar white
- 1 pinch hawaiian salt red
- 4 servings salt and pepper black freshly ground
- 1 scallion
- 3 tablespoons sesame oil
- 1 tablespoon sesame seed toasted
- 1 ounce soya sauce
- 1 tablespoon soya sauce
- 0.5 teaspoon sugar
- 3 ounces coconut milk unsweetened
- 0.8 cup warm water
- 0.3 cup flour whole-wheat

Equipment

- food processor
- bowl
- oven
- plastic wrap
- grill
- aluminum foil
- stand mixer
- cutting board
- pizza stone

Directions

- Watch how to make this recipe.
- Combine all the ingredients in food processor and mix until well blended. Set aside.
- Mix all the ingredients, except the pineapple, together in a bowl, then add the pineapple slices.
- Let sit for a minimum of 30 minutes. This can also be made a day ahead and refrigerated.
- Preheat the grill to medium and grill each side of the pineapple until they have deep brown grill marks.
- Remove and slice into desired bite-size pieces. Set aside.
- Preheat the grill and the oven to 400 degrees F.
- Mix the yeast, water and sugar together in a small bowl until the yeast dissolves into a smooth, beige color.
- Let stand for 5 minutes.
- Using a stand mixer, add the flours, salt, cornmeal, sesame seeds, and orange zest, and mix with dough hook.
- Add the yeasted water and mix for 30 seconds.
- Add the sesame oil, ginger and garlic. If the dough is too dry, add drops of water until it becomes moist.

- Place dough in oiled bowl, cover with plastic wrap and let rise for 30 minutes.
- When ready to roll out, cut the dough into 2 pieces and roll out each piece to desired thickness.
- This will give you 2 individual pizzas or you can choose to do one.
- Put the dough on a preheated pizza stone, if using an oven or a mesh grilling tray, if using a grill. Depending on the thickness of the crust, it will take approximately 10 minutes for thin pizza and 15 to 20 minutes for thicker pizza.
- Preheat the grill to medium.
- Cut each chicken breast in half to make thinner cutlets. Season with oil, and salt and pepper, to taste.
- Grill for about 2 to 3 minutes on each side.
- Remove from the grill to a cutting board and cut into bite-size pieces, either long strips or chunks. Cover loosely with foil. Set aside.
- Arrange the grilled chicken, grilled pineapple, red pepper, avocado, cilantro on top of the dough.
- Drizzle with Peanut sauce, slice and serve.

Nutrition Facts



PROTEIN 16.09% **FAT 46.25%** **CARBS 37.66%**

Properties

Glycemic Index:198.38, Glycemic Load:56.33, Inflammation Score:-10, Nutrition Score:52.792174743569%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 7.46mg, Hesperetin: 7.46mg, Hesperetin: 7.46mg, Hesperetin: 7.46mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 1233.28kcal (61.66%), Fat: 66.08g (101.66%), Saturated Fat: 15.03g (93.91%), Carbohydrates: 121.08g (40.36%), Net Carbohydrates: 105.69g (38.43%), Sugar: 50.57g (56.19%), Cholesterol: 73.02mg (24.34%), Sodium: 2126.48mg (92.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.72g (103.44%), Manganese: 4.31mg (215.66%), Vitamin C: 164.84mg (199.8%), Vitamin B3: 27.99mg (139.95%), Vitamin B6: 1.85mg (92.73%), Selenium: 64.61µg (92.3%), Folate: 306.91µg (76.73%), Vitamin B1: 1.07mg (71.29%), Phosphorus: 687.32mg (68.73%), Magnesium: 252.97mg (63.24%), Fiber: 15.39g (61.56%), Vitamin E: 8.64mg (57.57%), Copper: 1.07mg (53.5%), Potassium: 1656.1mg (47.32%), Vitamin B2: 0.79mg (46.42%), Vitamin B5: 4.27mg (42.72%), Iron: 6.97mg (38.72%), Zinc: 4.47mg (29.79%), Vitamin A: 1343.03IU (26.86%), Vitamin K: 25.21µg (24.01%), Calcium: 158.1mg (15.81%), Vitamin B12: 0.25µg (4.16%)