



Braised Chicken in Peanut-Mole Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



55 min.

SERVINGS



6

CALORIES



816 kcal

SAUCE

Ingredients

- 3.5 lb broiler-fryer chicken
- 0.3 cup cilantro leaves fresh chopped
- 2 cups peanut butter-mole sauce
- 3 Tbsp planters roasted peanuts dry chopped

Equipment

- frying pan
- oven
- aluminum foil

Directions

- Heat oven to 375F.
- Drizzle Peanut-Mole Sauce over chicken in foil-lined 13x9-inch pan.
- Bake 40 min. or until chicken is done (165F), basting with sauce after 20 min.
- Sprinkle with cilantro and nuts.

Nutrition Facts

 **PROTEIN 20.85%**  **FAT 69.59%**  **CARBS 9.56%**

Properties

Glycemic Index:7.67, Glycemic Load:2.11, Inflammation Score:-7, Nutrition Score:26.102608359378%

Flavonoids

Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 815.99kcal (40.8%), Fat: 65.56g (100.86%), Saturated Fat: 14.55g (90.91%), Carbohydrates: 20.27g (6.76%), Net Carbohydrates: 15.7g (5.71%), Sugar: 9.28g (10.31%), Cholesterol: 95.25mg (31.75%), Sodium: 478.65mg (20.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.21g (88.41%), Vitamin B3: 20.8mg (104.02%), Manganese: 1.39mg (69.59%), Vitamin E: 8.48mg (56.53%), Phosphorus: 496.71mg (49.67%), Magnesium: 179.81mg (44.95%), Vitamin B6: 0.85mg (42.53%), Selenium: 22.29µg (31.84%), Zinc: 3.99mg (26.6%), Copper: 0.45mg (22.25%), Potassium: 760.25mg (21.72%), Folate: 86.84µg (21.71%), Vitamin B5: 2.14mg (21.41%), Vitamin B2: 0.33mg (19.27%), Fiber: 4.57g (18.27%), Iron: 2.72mg (15.12%), Vitamin B1: 0.2mg (13.53%), Vitamin B12: 0.39µg (6.56%), Calcium: 59.46mg (5.95%), Vitamin A: 222.79IU (4.46%), Vitamin K: 4.23µg (4.03%), Vitamin C: 2.21mg (2.68%), Vitamin D: 0.25µg (1.69%)