



HEALTH SCORE

63%

Chicken and Vegetables Braised in Peanut Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



1500 min.

SERVINGS



6

CALORIES



940 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz canned tomatoes diced canned
- ☐ 1 teaspoons ground pepper
- ☐ 4.5 lb chicken pieces
- ☐ 3 garlic clove finely chopped
- ☐ 1 medium onion chopped
- ☐ 1 bell pepper red chopped
- ☐ 6 servings rice white

- ☐ 0.5 lb creamy peanut butter unsalted
- ☐ 2 teaspoons salt
- ☐ 1 lb pkt spinach
- ☐ 1.5 lb sweet potatoes and into peeled cut into 1-inch pieces (2 medium)
- ☐ 1 lb turnip peeled halved cut into 3/4-inch wedges
- ☐ 2 tablespoons vegetable oil
- ☐ 3 cups water

Equipment

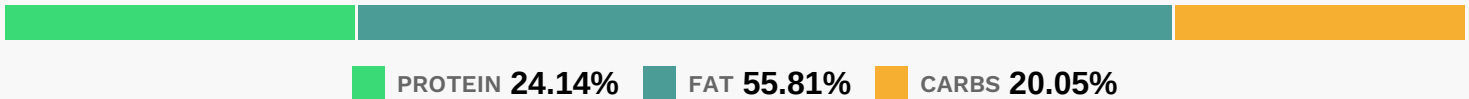
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ stove
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Preheat oven to 325°F. If using peanuts, blend in a food processor until they form a butter, 2 to 3 minutes. Put fresh or jarred peanut butter in a bowl and gradually whisk in 1 1/2 cups water.
- ☐ Pat chicken dry and season with salt.
- ☐ Heat oil in an ovenproof 4- to 5-quart heavy pot (with a tight-fitting lid, for use later) over moderately high heat until hot but not smoking, then brown chicken, uncovered, in 3 or 4 batches, without crowding, about 6 minutes.
- ☐ Transfer chicken to a bowl as browned.
- ☐ Pour off all but about 2 tablespoons fat from pot, then add onion and bell pepper and sauté, stirring occasionally, until onion begins to brown, about 4 minutes.
- ☐ Add garlic and sauté, stirring, 1 minute.

- ☐ Stir in peanut butter mixture, remaining 1 1/2 cups water, tomatoes with juice, cayenne (to taste), salt, and chicken with any juices accumulated in bowl and bring to a simmer. Cover pot with lid, then braise chicken in middle of oven until tender, 45 minutes to 1 hour.
- ☐ Transfer chicken with tongs to a large (4-quart) serving dish and keep warm, covered.
- ☐ Stir potatoes and turnips into sauce and simmer on top of stove, uncovered, until vegetables are tender, 15 to 20 minutes.
- ☐ Transfer cooked vegetables with a slotted spoon to serving dish.
- ☐ Simmer sauce, uncovered, stirring, until reduced to about 4 cups, about 5 minutes.
- ☐ Remove from heat and stir in spinach, then let stand, partially covered, until spinach is wilted, 2 to 3 minutes. Season with salt if necessary, then spoon over chicken.
- ☐ •Chicken can be braised in sauce (without vegetables) 1 day ahead. Cool, uncovered, then chill, covered. Reheat chicken in sauce, then transfer chicken to serving dish before proceeding.

Nutrition Facts



Properties

Glycemic Index:66.2, Glycemic Load:17.72, Inflammation Score:-10, Nutrition Score:52.173913250799%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 4.96mg, Kaempferol: 4.96mg, Kaempferol: 4.96mg, Kaempferol: 4.96mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 6.81mg, Quercetin: 6.81mg, Quercetin: 6.81mg, Quercetin: 6.81mg

Nutrients (% of daily need)

Calories: 939.78kcal (46.99%), Fat: 59.45g (91.46%), Saturated Fat: 14.62g (91.35%), Carbohydrates: 48.07g (16.02%), Net Carbohydrates: 37.71g (13.71%), Sugar: 16.47g (18.3%), Cholesterol: 173.5mg (57.83%), Sodium: 1367.16mg (59.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.85g (115.69%), Vitamin A: 24402.95IU (488.06%), Vitamin K: 384.02µg (365.74%), Vitamin B3: 23.32mg (116.6%), Manganese: 1.88mg (94.08%), Vitamin C: 77.09mg (93.45%), Vitamin B6: 1.64mg (81.86%), Phosphorus: 615.01mg (61.5%), Folate: 238.55µg (59.64%), Magnesium: 226.31mg (56.58%), Selenium: 37.73µg (53.9%), Potassium: 1875.26mg (53.58%), Vitamin E: 7.61mg (50.71%), Fiber: 10.36g (41.44%), Vitamin B5: 3.9mg (39.02%), Copper: 0.76mg (38.13%), Vitamin B2: 0.65mg (38%), Iron: 6.75mg (37.52%), Zinc: 5.25mg (34.97%), Vitamin B1: 0.44mg (29.48%), Calcium: 211.12mg (21.11%), Vitamin B12:

0.72µg (11.95%), Vitamin D: 0.46µg (3.08%)