



Chicken in Peanut Sauce

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



506 kcal

SAUCE

Ingredients

- 1 pound chicken breast cutlets boneless skinless
- 0.5 teaspoon curry powder
- 2 tablespoons parsley fresh chopped
- 0.5 teaspoon ground ginger
- 0.3 teaspoon ground pepper black
- 2 tablespoons honey
- 2 tablespoons olive oil
- 0.5 cup orange juice fresh

- 1 pinch salt
- 0.5 cup smooth peanut butter
- 2 tablespoons soya sauce
- 1 cup tomato purée
- 2 tablespoons peanuts unsalted chopped

Equipment

- bowl
- frying pan

Directions

- Thoroughly mix tomato puree, peanut butter, orange juice, soy sauce, and honey in a bowl. Stir ginger and curry powder into the tomato mixture.
- Season chicken cutlets with salt and black pepper.
- Heat olive oil in a skillet over medium heat; cook chicken in hot oil until golden brown, about 3 minutes per side.
- Pour the tomato mixture over the chicken, reduce heat to medium-low, and place a cover on the skillet; cook at a simmer, stirring occasionally, until the chicken is cooked through and the sauce thickens, about 30 minutes.
- Add water as needed to thin sauce if it gets too thick.
- Sprinkle parsley and peanuts over the chicken to serve.

Nutrition Facts



PROTEIN 27.04% **FAT 51.99%** **CARBS 20.97%**

Properties

Glycemic Index:50.57, Glycemic Load:7.05, Inflammation Score:-8, Nutrition Score:26.967391511668%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg,

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 505.93kcal (25.3%), Fat: 30.36g (46.72%), Saturated Fat: 5.48g (34.26%), Carbohydrates: 27.56g (9.19%), Net Carbohydrates: 23.77g (8.64%), Sugar: 18.32g (20.36%), Cholesterol: 72.57mg (24.19%), Sodium: 803.32mg (34.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.54g (71.07%), Vitamin B3: 18.69mg (93.47%), Vitamin B6: 1.15mg (57.45%), Selenium: 39.13µg (55.9%), Manganese: 0.93mg (46.26%), Phosphorus: 420.54mg (42.05%), Vitamin E: 5.9mg (39.33%), Vitamin K: 40.05µg (38.14%), Vitamin C: 26.55mg (32.18%), Magnesium: 121.82mg (30.45%), Potassium: 1042.39mg (29.78%), Vitamin B5: 2.46mg (24.6%), Copper: 0.42mg (21.16%), Vitamin B2: 0.27mg (16.01%), Iron: 2.88mg (16%), Folate: 61.26µg (15.31%), Fiber: 3.78g (15.14%), Zinc: 2.04mg (13.58%), Vitamin A: 601.77IU (12.04%), Vitamin B1: 0.18mg (12.03%), Calcium: 48.26mg (4.83%), Vitamin B12: 0.23µg (3.78%)