



## Chicken with Peanut-Butter Barbecue Sauce

 Gluten Free  Dairy Free

READY IN



245 min.

SERVINGS



15

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup barbecue sauce
- 8 chicken thighs bone-in trimmed
- 2 tablespoons creamy peanut butter (not natural or old-fashioned)
- 2 cloves garlic minced
- 2 tablespoons olive oil
- 1 onion chopped
- 15 servings salt and pepper

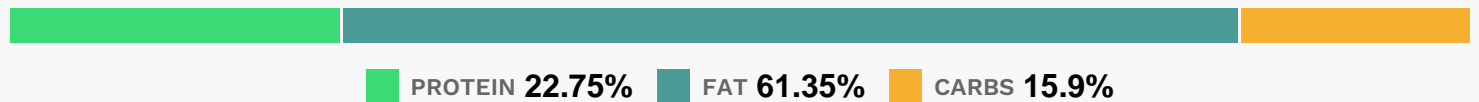
## Equipment

- frying pan
- slow cooker

## Directions

- Warm oil in a large skillet over medium-high heat. Season chicken with salt and pepper and add to skillet in a single layer (work in batches if necessary). Cook, turning frequently, until golden brown, about 5 minutes.
- Remove to a slow cooker. Repeat with remaining chicken.
- Pour off all but 1 Tbsp. fat from skillet.
- Add onion and cook, stirring frequently, until softened, about 3 minutes.
- Add garlic; saut 1 minute longer.
- Add barbecue sauce and peanut butter. Stir, scraping up browned bits on the bottom of the pan, until slightly thickened, about 2 minutes.
- Pour sauce over chicken and stir to coat.
- Cover and cook until chicken is cooked through, 2 1/2 to 3 1/2 hours on low. Uncover, set temperature to high and cook, turning chicken frequently, until sauce thickens, about 20 minutes.
- Serve.

## Nutrition Facts



## Properties

Glycemic Index:4.73, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:6.300000032653%

## Flavonoids

Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

## Nutrients (% of daily need)

Calories: 234.34kcal (11.72%), Fat: 15.89g (24.44%), Saturated Fat: 3.94g (24.6%), Carbohydrates: 9.26g (3.09%), Net Carbohydrates: 8.86g (3.22%), Sugar: 6.87g (7.63%), Cholesterol: 75.53mg (25.18%), Sodium: 459.07mg

(19.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.26g (26.52%), Selenium: 14.84µg (21.2%), Vitamin B3: 3.99mg (19.94%), Vitamin B6: 0.3mg (15.09%), Phosphorus: 135.55mg (13.55%), Vitamin B5: 0.85mg (8.48%), Vitamin B12: 0.49µg (8.22%), Zinc: 1.07mg (7.12%), Vitamin B2: 0.12mg (6.99%), Potassium: 226.62mg (6.47%), Magnesium: 21.57mg (5.39%), Vitamin E: 0.78mg (5.2%), Vitamin B1: 0.07mg (4.57%), Manganese: 0.08mg (4.21%), Iron: 0.71mg (3.94%), Copper: 0.07mg (3.31%), Vitamin K: 3.13µg (2.98%), Vitamin A: 103IU (2.06%), Fiber: 0.41g (1.63%), Calcium: 16.05mg (1.61%), Folate: 5.93µg (1.48%)