



Chicken with Peanut Dipping Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 4 servings carrots and cucumbers for dipping
- 4 servings breaded chicken breasts refrigerated frozen (from two 10- to 12-ounce boxes 25-ounce bag)
- 0.5 cup creamy peanut butter
- 1 tablespoon ginger fresh grated
- 2 tablespoons juice of lime fresh
- 2 tablespoons soya sauce low-sodium

Equipment

bowl

whisk

Directions

Cook the chicken according to the package directions. In a bowl, whisk together the peanut butter, soy sauce, lime juice, sugar, ginger, and 1/3 cup water until smooth. Slice the chicken and serve with the carrots and cucumbers.

Nutrition Facts



Properties

Glycemic Index:18.96, Glycemic Load:2.86, Inflammation Score:-10, Nutrition Score:32.928695502489%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 495.65kcal (24.78%), Fat: 22.53g (34.66%), Saturated Fat: 4.57g (28.54%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 14.19g (5.16%), Sugar: 9.53g (10.58%), Cholesterol: 144.64mg (48.21%), Sodium: 733.89mg (31.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.62g (113.24%), Vitamin A: 10763.39IU (215.27%), Vitamin B3: 28.61mg (143.04%), Selenium: 73.8µg (105.43%), Vitamin B6: 1.94mg (97.2%), Phosphorus: 621.37mg (62.14%), Vitamin B5: 3.78mg (37.79%), Potassium: 1271.08mg (36.32%), Magnesium: 128.09mg (32.02%), Manganese: 0.64mg (31.97%), Vitamin E: 3.84mg (25.62%), Vitamin B2: 0.35mg (20.33%), Vitamin B1: 0.24mg (15.79%), Zinc: 2.36mg (15.73%), Fiber: 3.46g (13.84%), Folate: 53.43µg (13.36%), Copper: 0.24mg (11.83%), Vitamin C: 8.83mg (10.7%), Iron: 1.73mg (9.63%), Vitamin K: 9.04µg (8.61%), Vitamin B12: 0.45µg (7.53%), Calcium: 54.44mg (5.44%), Vitamin D: 0.23µg (1.51%)