



Chicken with Spicy Peanut Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



643 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 skin-on chicken thighs bone-in (1 lb. total)
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 1 teaspoon pepper red crushed
- ☐ 1 juice of lime
- ☐ 1 cup chicken broth low-sodium
- ☐ 1 onion chopped
- ☐ 0.5 cup peanut butter
- ☐ 4 servings salt and pepper

- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons vegetable oil

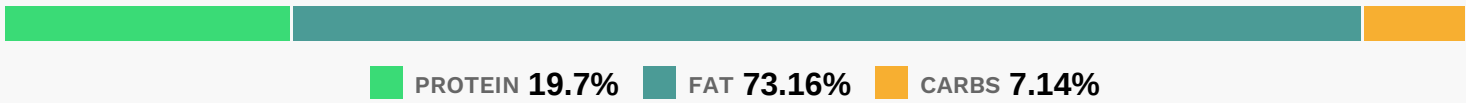
Equipment

- ☐ frying pan

Directions

- ☐ Trim chicken of excess fat; season with salt and pepper.
- ☐ Melt butter with oil in a skillet over medium-high heat.
- ☐ Add chicken; cook, turning often, until lightly browned, about 10 minutes total.
- ☐ Remove chicken to a plate; pour off all but 1 Tbsp. fat. Saut onion until softened, about 5 minutes.
- ☐ Add broth and cook, stirring to pick up browned bits of chicken on bottom of skillet. Stir in peanut butter and 1/4 cup water. Cook, stirring, until sauce is smooth. (If sauce is too thick, add water, 1 Tbsp. at a time.) Stir in red pepper.
- ☐ Return chicken to skillet; turn to coat. Cover, reduce heat to medium-low; cook until chicken is cooked through, 25 minutes.
- ☐ Remove chicken to platter. Skim fat from sauce, stir in lime juice and 1 Tbsp. cilantro; spoon over chicken.
- ☐ Sprinkle with remaining cilantro.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:1.36, Inflammation Score:-6, Nutrition Score:18.491304382034%

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: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg

Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 643.06kcal (32.15%), Fat: 53.42g (82.18%), Saturated Fat: 14.49g (90.57%), Carbohydrates: 11.72g (3.91%), Net Carbohydrates: 9.5g (3.45%), Sugar: 4.8g (5.33%), Cholesterol: 156.66mg (52.22%), Sodium: 471.42mg (20.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.37g (64.74%), Vitamin B3: 11.91mg (59.57%), Selenium: 28.66µg (40.95%), Phosphorus: 367.64mg (36.76%), Vitamin B6: 0.69mg (34.58%), Vitamin E: 4.18mg (27.85%), Manganese: 0.54mg (27.14%), Magnesium: 86.84mg (21.71%), Vitamin B5: 1.87mg (18.66%), Zinc: 2.77mg (18.44%), Potassium: 590.29mg (16.87%), Vitamin B2: 0.29mg (16.82%), Vitamin K: 17.43µg (16.6%), Vitamin B12: 1µg (16.59%), Copper: 0.26mg (12.94%), Vitamin B1: 0.17mg (11.18%), Iron: 1.81mg (10.05%), Folate: 38.52µg (9.63%), Vitamin A: 453.69IU (9.07%), Fiber: 2.23g (8.9%), Vitamin C: 4.34mg (5.26%), Calcium: 40.68mg (4.07%), Vitamin D: 0.25µg (1.66%)