



WHATSheATE



Crispy Baked Thai Peanut Sauce Coated Chicken



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



282 kcal

SAUCE

Ingredients

- ☐ 0.5 tablespoons brown sugar
- ☐ 0.5 tablespoon chili sauce to taste (or)
- ☐ 2 tablespoons coconut milk
- ☐ 0.8 tablespoons fish sauce
- ☐ 0.5 tablespoons juice of lime
- ☐ 1.5 cups panko breadcrumbs
- ☐ 0.1 cup peanut butter

- ☐ 0.3 tablespoon vegetable oil; peanut oil preferred
- ☐ 0.3 tablespoon curry paste red
- ☐ 0.5 tablespoons peanuts roasted chopped
- ☐ 16 ounce chicken breasts boneless skinless

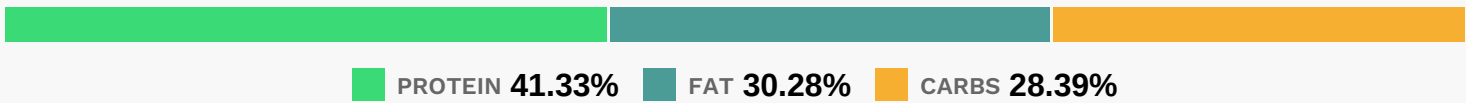
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Dip the chicken in the mixture of the peanut sauce and coconut milk followed by the bread crumbs, place them on a rack on a baking pan and bake in a preheated 400F oven until cooked and golden brown, about 15–20 minutes.
- ☐ Serve with extra peanut sauce by itself, over rice, pasta, quinoa, or in a sandwich, salad, etc.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:16.233043639556%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 282.12kcal (14.11%), Fat: 9.35g (14.39%), Saturated Fat: 3.01g (18.82%), Carbohydrates: 19.73g (6.58%), Net Carbohydrates: 18.33g (6.66%), Sugar: 3.74g (4.16%), Cholesterol: 72.57mg (24.19%), Sodium: 610.46mg (26.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.73g (57.46%), Vitamin B3: 14.2mg (71.01%), Selenium: 42.56µg (60.81%), Vitamin B6: 0.92mg (45.87%), Phosphorus: 302.5mg (30.25%), Vitamin B1: 0.3mg (20.26%), Manganese: 0.38mg (18.95%), Vitamin B5: 1.82mg (18.2%), Potassium: 533.46mg (15.24%), Magnesium: 57.94mg (14.48%), Vitamin B2: 0.22mg (12.73%), Iron: 1.93mg (10.72%), Folate: 36.8µg (9.2%), Zinc: 1.17mg (7.77%), Copper: 0.14mg (6.76%), Fiber: 1.4g (5.62%), Calcium: 56.07mg (5.61%), Vitamin B12: 0.32µg (5.36%), Vitamin E: 0.78mg (5.19%), Vitamin A: 195.77IU (3.92%), Vitamin C: 2.39mg (2.9%), Vitamin K: 1.84µg (1.75%)