



Crunchy Chicken Chunks with Thai Peanut Sauce

READY IN



35 min.

SERVINGS



8

CALORIES



136 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cornflakes crushed country®
- ☐ 0.8 teaspoon paprika
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 lb chicken breast boneless skinless cut into 1-inch pieces
- ☐ 1 serving pam original flavor shopping list
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 0.3 cup creamy peanut butter

- ☐ 0.5 cup skim milk fat-free (skim)
- ☐ 1 tablespoon soya sauce
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 0.5 cup frangelico

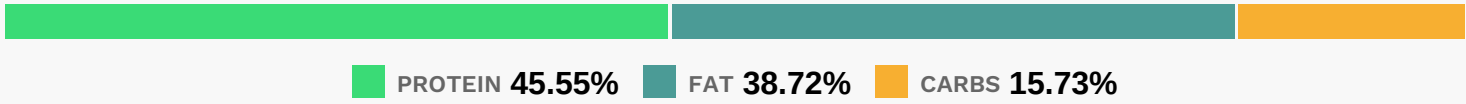
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Heat oven to 400°F. Line 15x10x1-inch pan with foil. In 2-quart resealable food-storage plastic bag, mix cereal, Bisquick mix, paprika, salt and pepper until well blended. Shake about 6 chicken pieces at a time in bag until coated. Shake off any extra crumbs.
- ☐ Place chicken pieces in pan. Spray chicken with cooking spray.
- ☐ Bake uncovered 20 to 25 minutes or until coating is crisp and chicken is no longer pink in center.
- ☐ In 10-inch nonstick skillet, mix all sauce ingredients. Cook over medium heat 3 to 4 minutes, stirring occasionally, until mixture begins to thicken.
- ☐ Serve chicken chunks with sauce.

Nutrition Facts



Properties

Glycemic Index:17.66, Glycemic Load:0.48, Inflammation Score:-3, Nutrition Score:9.0195652000282%

Nutrients (% of daily need)

Calories: 136.1kcal (6.81%), Fat: 5.89g (9.06%), Saturated Fat: 1.31g (8.16%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 4.83g (1.76%), Sugar: 2.93g (3.25%), Cholesterol: 37.67mg (12.56%), Sodium: 328.63mg (14.29%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.58g (31.17%), Vitamin B3: 7.45mg (37.23%), Selenium: 19.47µg (27.81%), Vitamin B6: 0.52mg (25.88%), Phosphorus: 190.32mg (19.03%), Vitamin B5: 1.06mg (10.57%), Potassium: 330.12mg (9.43%), Vitamin B2: 0.16mg (9.27%), Magnesium: 34.88mg (8.72%), Manganese: 0.15mg (7.69%), Vitamin B12: 0.38µg (6.26%), Vitamin E: 0.91mg (6.09%), Vitamin B1: 0.09mg (5.89%), Calcium: 56.35mg (5.64%), Iron: 0.97mg (5.39%), Zinc: 0.78mg (5.17%), Folate: 17.98µg (4.5%), Vitamin A: 193.01IU (3.86%), Copper: 0.06mg (3.02%), Fiber: 0.55g (2.21%), Vitamin D: 0.29µg (1.92%), Vitamin C: 1.2mg (1.45%)