



Denise's Peanut Chicken

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups chicken broth
- 1 bunch cilantro leaves chopped
- 1 tablespoon cornstarch
- 2 cups chop roasted peanuts dry chopped
- 1 inch ginger fresh peeled chopped
- 1 clove garlic minced
- 1 bunch spring onion chopped
- 0.3 teaspoon ground pepper

- 1 tablespoon vegetable oil; peanut oil preferred
- 1 medium bell pepper red chopped
- 1 pound chicken breast halves boneless skinless cut into bite-size pieces
- 2 teaspoons soya sauce
- 1 tablespoon sugar

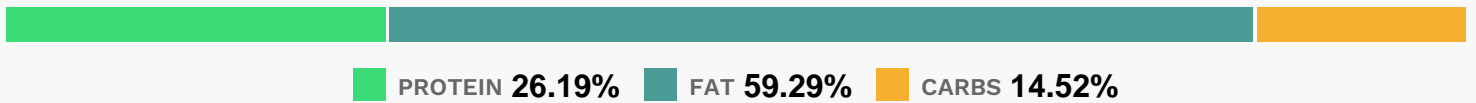
Equipment

- bowl
- wok

Directions

- Heat the oil in a wok over medium heat.
- Place chicken in the wok, and cook until juices run clear.
- Mix in red bell pepper, and continue cooking until tender.
- In a bowl, mix the broth, soy sauce, sugar, garlic, cayenne pepper, ginger, and cornstarch.
- Pour into the wok. Toss green onions and cilantro into wok (reserving some of each for garnish). Continue to cook and stir 5 minutes, until slightly thickened.
- Mix in peanuts, and garnish with reserved green onions and cilantro to serve.

Nutrition Facts



Properties

Glycemic Index:43.02, Glycemic Load:1.81, Inflammation Score:-8, Nutrition Score:22.101739334024%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 426.5kcal (21.33%), Fat: 29.37g (45.19%), Saturated Fat: 4.71g (29.44%), Carbohydrates: 16.19g (5.4%), Net Carbohydrates: 11.35g (4.13%), Sugar: 5.7g (6.34%), Cholesterol: 49.56mg (16.52%), Sodium: 624.83mg (27.17%), Alcohol: 0g (100%), Protein: 29.2g (58.4%), Vitamin B3: 15.54mg (77.71%), Manganese: 1.14mg (56.88%), Vitamin B6: 0.88mg (43.77%), Selenium: 29.28µg (41.83%), Phosphorus: 354.06mg (35.41%), Vitamin C: 27.68mg (33.56%), Magnesium: 114.36mg (28.59%), Vitamin E: 3.4mg (22.64%), Potassium: 679.97mg (19.43%), Fiber: 4.84g (19.37%), Vitamin B5: 1.87mg (18.66%), Vitamin A: 809.41IU (16.19%), Folate: 64.63µg (16.16%), Vitamin B2: 0.24mg (13.89%), Zinc: 1.96mg (13.05%), Copper: 0.26mg (13.04%), Vitamin K: 13.63µg (12.98%), Vitamin B1: 0.15mg (10.22%), Iron: 1.36mg (7.54%), Calcium: 41.95mg (4.2%), Vitamin B12: 0.16µg (2.72%)