



Erin's Indonesian Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chile paste red
- ☐ 1 pound green beans fresh trimmed
- ☐ 3 green onions thinly sliced
- ☐ 2 teaspoons honey
- ☐ 2 tablespoons juice of lemon
- ☐ 0.8 cup chicken broth low-sodium
- ☐ 1 tablespoon soya sauce low sodium
- ☐ 2 teaspoons olive oil

- ☐ 1 pound chicken breast halves boneless skinless cut into chunks
- ☐ 0.3 cup smooth peanut butter
- ☐ 2 cups water
- ☐ 1 cup rice long grain white uncooked

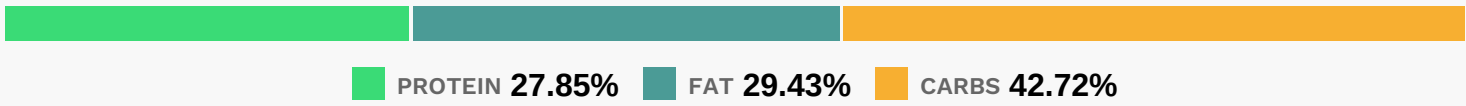
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ steamer basket

Directions

- ☐ Bring the rice and water to boil in a pot. Reduce heat to low, cover, and simmer 20 minutes.
- ☐ Place green beans in a pot fitted with a steamer basket over boiling water, and steam 10 minutes, or until tender but crisp.
- ☐ Heat the oil in a skillet, and cook the chicken 5 minutes on each side, or until juices run clear.
- ☐ Mix the chicken broth, peanut butter, honey, soy sauce, chile paste, lemon juice in a saucepan over medium heat. Cook and stir 5 minutes, until slightly thickened.
- ☐ Mix in the green beans.
- ☐ Serve over rice.
- ☐ Garnish with green onions and peanuts.

Nutrition Facts



Properties

Glycemic Index:51.36, Glycemic Load:26.65, Inflammation Score:-8, Nutrition Score:28.312608604846%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg,

Naringenin: 0.1mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 505.1kcal (25.26%), Fat: 16.79g (25.84%), Saturated Fat: 3.32g (20.73%), Carbohydrates: 54.85g (18.28%), Net Carbohydrates: 49.86g (18.13%), Sugar: 9.47g (10.52%), Cholesterol: 72.57mg (24.19%), Sodium: 398.03mg (17.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.76g (71.53%), Vitamin B3: 16.99mg (84.95%), Vitamin K: 68.95µg (65.66%), Selenium: 44.96µg (64.22%), Vitamin B6: 1.2mg (60.16%), Manganese: 1.12mg (55.77%), Phosphorus: 431.93mg (43.19%), Magnesium: 112.59mg (28.15%), Potassium: 924.46mg (26.41%), Vitamin B5: 2.6mg (26%), Vitamin C: 20.01mg (24.25%), Vitamin E: 3.06mg (20.39%), Fiber: 4.99g (19.97%), Vitamin B2: 0.33mg (19.32%), Folate: 73.36µg (18.34%), Vitamin A: 909.13IU (18.18%), Copper: 0.36mg (17.8%), Vitamin B1: 0.24mg (15.81%), Iron: 2.65mg (14.73%), Zinc: 2.12mg (14.11%), Calcium: 85.04mg (8.5%), Vitamin B12: 0.27µg (4.52%)