



## Grilled Peanut Chicken (Egg-Free, Gluten-Free)

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 clove garlic chopped
- 1 dash ground pepper
- 1 tablespoon juice of lime fresh
- 2 tablespoons peanut butter
- 4 chicken breast halves boneless skinless
- 2 teaspoons soy sauce [use wheat-free tamari for gluten-free]

### Equipment

bowl

grill

## Directions

Preheat grill for high heat. In a bowl, mix the peanut butter, lime juice, soy sauce, garlic, curry powder, and cayenne pepper. Lightly oil the grill grate.

Place chicken on grate, and brush with ½ the sauce. Grill 6 to 8 minutes. Turn chicken, and brush with remaining sauce. Continue grilling 6 to 8 minutes, until chicken juices run clear.

## Nutrition Facts

 **PROTEIN 61.82%**  **FAT 29.78%**  **CARBS 8.4%**

## Properties

Glycemic Index: 19.25, Glycemic Load: 0.09, Inflammation Score: -3, Nutrition Score: 12.563913065454%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 174.35kcal (8.72%), Fat: 5.66g (8.71%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 3.59g (1.2%), Net Carbohydrates: 3.12g (1.13%), Sugar: 0.87g (0.96%), Cholesterol: 72.32mg (24.11%), Sodium: 342.07mg (14.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.44g (52.89%), Vitamin B3: 13.09mg (65.43%), Selenium: 36.9µg (52.71%), Vitamin B6: 0.89mg (44.43%), Phosphorus: 272.47mg (27.25%), Vitamin B5: 1.72mg (17.16%), Potassium: 485.88mg (13.88%), Magnesium: 44.71mg (11.18%), Manganese: 0.16mg (8.18%), Vitamin B2: 0.12mg (7.29%), Vitamin B1: 0.1mg (6.55%), Vitamin E: 0.95mg (6.36%), Zinc: 0.9mg (6.03%), Copper: 0.08mg (4.22%), Vitamin B12: 0.23µg (3.77%), Iron: 0.66mg (3.66%), Vitamin C: 2.73mg (3.31%), Folate: 10.28µg (2.57%), Fiber: 0.48g (1.91%), Calcium: 10.97mg (1.1%)