



Indonesian Peanut Chicken



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



3243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.5 pound irish oats
- ☐ 0.8 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup peanut butter
- ☐ 0.3 cup chili sauce
- ☐ 0.5 teaspoon ground pepper red (cayenne)

- ☐ 1 cup water
- ☐ 0.3 cup roasted peanuts salted chopped
- ☐ 0.3 cup bell pepper red chopped

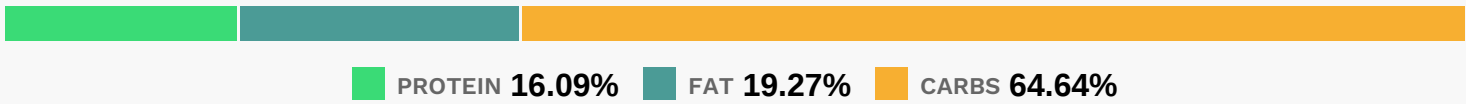
Equipment

- ☐ frying pan
- ☐ dutch oven
- ☐ tongs

Directions

- ☐ Sprinkle chicken with salt and pepper.
- ☐ Heat oil in 12-inch skillet or 4-quart Dutch oven over medium heat. Cook chicken in oil about 15 minutes, turning occasionally, until brown on all sides. Cover and cook over low heat about 20 minutes or until juice is no longer pink when centers of thickest pieces are cut.
- ☐ Remove chicken from skillet with tongs.
- ☐ Drain all but 1 tablespoon drippings from skillet; heat over medium heat. Cook onion in drippings, stirring occasionally, until tender; reduce heat. Stir in peanut butter, chili sauce and red pepper. Gradually stir in water, stirring constantly, until peanut butter is melted.
- ☐ Add chicken. Spoon sauce over chicken.
- ☐ Heat to boiling; reduce heat. Simmer uncovered about 5 minutes, spooning sauce frequently over chicken, until sauce is slightly thickened.
- ☐ Serve sauce over chicken.
- ☐ Sprinkle with peanuts and bell pepper.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:249.59, Inflammation Score:-5, Nutrition Score:16.507391328397%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 3243.24kcal (162.16%), Fat: 70.51g (108.47%), Saturated Fat: 10.56g (65.99%), Carbohydrates: 532.23g (177.41%), Net Carbohydrates: 442.97g (161.08%), Sugar: 3.86g (4.29%), Cholesterol: 0mg (0%), Sodium: 533.78mg (23.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 132.46g (264.93%), Fiber: 89.26g (357.05%), Iron: 33.43mg (185.71%), Calcium: 418.12mg (41.81%), Manganese: 0.4mg (20.14%), Vitamin B3: 3.09mg (15.45%), Vitamin E: 2.05mg (13.65%), Vitamin C: 10.88mg (13.19%), Magnesium: 38.83mg (9.71%), Vitamin K: 9.74µg (9.27%), Phosphorus: 84.28mg (8.43%), Vitamin A: 342.26IU (6.85%), Vitamin B6: 0.14mg (6.8%), Folate: 26.61µg (6.65%), Copper: 0.13mg (6.54%), Potassium: 208.33mg (5.95%), Vitamin B1: 0.06mg (3.97%), Zinc: 0.55mg (3.69%), Vitamin B2: 0.05mg (3.01%), Vitamin B5: 0.28mg (2.75%), Selenium: 1.27µg (1.81%)