



Marinated Peanut Chicken A La Laura

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



841 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 chicken thighs
- 0.8 cup roasted peanuts dry
- 1 teaspoon ground ginger
- 1 teaspoon ground turmeric
- 0.5 cup honey
- 0.5 cup olive oil
- 0.5 teaspoon paprika
- 4 servings salt to taste

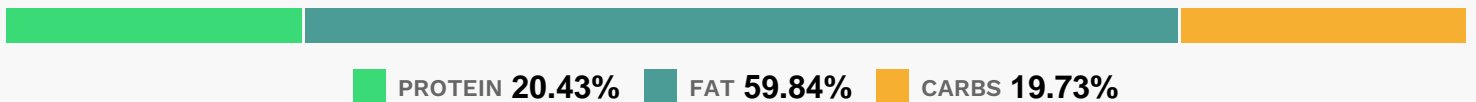
Equipment

- bowl
- oven
- blender
- baking pan
- hand mixer
- aluminum foil

Directions

- In a medium mixer bowl combine the crushed peanuts, paprika, ginger, turmeric, honey, olive oil and salt; use an electric mixer to blend together and form a thick, crunchy, spreadable paste. (Note: If you find it too gooey or thick, try adding a little cola; it gives the recipe a nice, exotic flavor!)
- Place chicken thighs in a nonporous glass dish or bowl. Using your hands, cover chicken pieces with the peanut mixture, coating them completely. Cover dish and refrigerate to marinate overnight.
- Preheat oven to 400 degrees F (200 degrees C).
- Place chicken pieces in a lightly greased 9x13 inch baking dish; cover with aluminum foil and bake at 400 degrees F (200 degrees C) for 45 to 60 minutes or until juices run clear, turning every 15 minutes so that they cook evenly.

Nutrition Facts



Properties

Glycemic Index:18.07, Glycemic Load:18.23, Inflammation Score:-10, Nutrition Score:22.421304564113%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 840.74kcal (42.04%), Fat: 57.02g (87.72%), Saturated Fat: 13.07g (81.69%), Carbohydrates: 42.29g (14.1%), Net Carbohydrates: 39.58g (14.39%), Sugar: 36.23g (40.25%), Cholesterol: 221.48mg (73.83%), Sodium: 485.42mg (21.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.81g (87.62%), Vitamin B3: 14.7mg (73.48%), Selenium: 45.53µg (65.05%), Vitamin B6: 0.93mg (46.69%), Phosphorus: 463.83mg (46.38%), Manganese: 0.87mg (43.3%), Vitamin B5: 2.73mg (27.26%), Zinc: 3.75mg (24.99%), Vitamin B12: 1.45µg (24.11%), Magnesium: 96.33mg (24.08%), Vitamin B2: 0.37mg (22.05%), Potassium: 688.67mg (19.68%), Vitamin E: 2.73mg (18.18%), Vitamin B1: 0.21mg (14.12%), Iron: 2.53mg (14.04%), Copper: 0.26mg (12.91%), Fiber: 2.71g (10.84%), Folate: 35.29µg (8.82%), Vitamin K: 8.27µg (7.87%), Vitamin A: 299.57IU (5.99%), Calcium: 39.17mg (3.92%), Vitamin D: 0.23µg (1.51%)