



Nutty Chicken Dijon

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



40

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups rice hot cooked
- 0.3 tsp cornstarch
- 2 Tbsp grey poupon dijon mustard
- 2 Tbsp cooking wine dry white
- 0.5 bell pepper green cut into strips
- 5 tsp planters peanut oil divided
- 0.5 bell pepper red cut into strips
- 3 Tbsp planters roasted peanuts unsalted dry

1 lb chicken breasts boneless skinless cut into thin strips

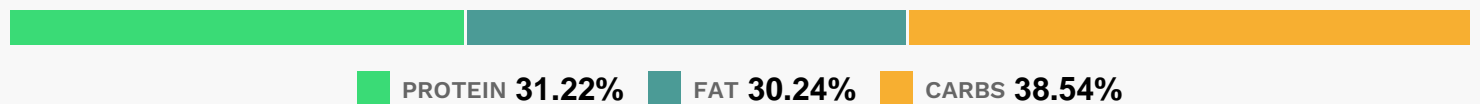
Equipment

frying pan

Directions

- Heat 2 tsp. of the oil in large skillet on medium-high heat.
- Add peppers; cook until crisp-tender, stirring frequently.
- Remove from skillet; cover to keep warm.
- Add remaining 1 Tbsp. oil to skillet along with the chicken; cook and stir until cooked through (170F).
- Remove chicken from skillet, reserving drippings in skillet. Cover chicken to keep warm.
- Combine mustard, wine and cornstarch.
- Add to drippings in skillet. Bring to boil, stirring constantly. Reduce heat to medium-low; cook and stir until thickened.
- Add chicken and peppers to sauce in skillet; stir. Cook until heated through, stirring occasionally. Stir in peanuts.
- Serve over the rice.

Nutrition Facts



Properties

Glycemic Index:4.95, Glycemic Load:3.62, Inflammation Score:-1, Nutrition Score:1.9578261038531%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 39.45kcal (1.97%), Fat: 1.29g (1.98%), Saturated Fat: 0.23g (1.43%), Carbohydrates: 3.7g (1.23%), Net Carbohydrates: 3.5g (1.27%), Sugar: 0.12g (0.14%), Cholesterol: 7.26mg (2.42%), Sodium: 24.91mg (1.08%), Alcohol:

0.08g (100%), Alcohol %: 0.34% (100%), Protein: 3g (5.99%), Selenium: 4.83µg (6.9%), Vitamin B3: 1.37mg (6.84%), Vitamin B6: 0.11mg (5.32%), Manganese: 0.08mg (4.14%), Vitamin C: 3.24mg (3.93%), Phosphorus: 33.44mg (3.34%), Vitamin B5: 0.23mg (2.27%), Potassium: 59.32mg (1.69%), Magnesium: 6.39mg (1.6%), Vitamin A: 56.01IU (1.12%), Vitamin B1: 0.02mg (1.01%)