



Peanut-Baked Chicken

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



849 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb chicken legs
- 1 lb chicken thighs
- 0.5 cup creamy peanut butter
- 0.5 cup breadcrumbs dry fine
- 2 garlic cloves minced
- 0.3 teaspoon ground pepper red
- 2 tablespoons honey
- 1 tablespoon juice of lemon fresh

- 1 tablespoon lemon rind, grated
- 0.5 cup honey-roasted peanuts
- 1 teaspoon salt
- 2 tablespoons lite soy sauce

Equipment

- food processor
- bowl
- oven
- wire rack
- kitchen thermometer
- aluminum foil
- microwave
- broiler pan

Directions

- Place chicken legs and thighs in a gallon-size zip-top plastic freezer bag.
- Microwave peanut butter and next 4 ingredients in a microwave-safe bowl at HIGH 1 to 2 minutes, stirring until smooth. (Mixture will appear broken at first.) Spoon mixture over chicken in bag, and seal. Using hands, work peanut butter mixture onto chicken until evenly coated. Chill 30 minutes, turning occasionally.
- Remove chicken from peanut butter mixture, discarding mixture.
- Process peanuts and next 4 ingredients in a food processor until peanuts are finely ground.
- Place crumbs in a large zip-top plastic freezer bag; add chicken, and seal. Shake to coat.
- Place chicken on a lightly greased wire rack in an aluminum foil-lined broiler pan.
- Bake at 375 for 35 minutes or until a meat thermometer inserted in thickest portion of thigh registers 170.
- Baked chicken may be frozen in a zip-top plastic freezer bag up to 3 months.

Let thaw in refrigerator overnight. To reheat, place chicken on a wire rack in an aluminum foil-lined broiler pan.

Bake at 375 for 15 to 20 minutes or until thoroughly heated.

Nutrition Facts

PROTEIN 22.91% **FAT 62.88%** **CARBS 14.21%**

Properties

Glycemic Index:35.82, Glycemic Load:5.52, Inflammation Score:-6, Nutrition Score:27.2499997253%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 848.83kcal (42.44%), Fat: 60.5g (93.07%), Saturated Fat: 14.12g (88.24%), Carbohydrates: 30.76g (10.25%), Net Carbohydrates: 26.65g (9.69%), Sugar: 13.18g (14.65%), Cholesterol: 201.3mg (67.1%), Sodium: 1569.9mg (68.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.58g (99.16%), Vitamin B3: 18.16mg (90.82%), Selenium: 45.15µg (64.49%), Manganese: 1.14mg (57.16%), Phosphorus: 546.94mg (54.69%), Vitamin B6: 0.95mg (47.5%), Magnesium: 135.77mg (33.94%), Zinc: 4.31mg (28.75%), Vitamin B5: 2.85mg (28.46%), Vitamin B1: 0.4mg (26.54%), Vitamin B2: 0.44mg (25.89%), Potassium: 818.71mg (23.39%), Vitamin E: 3.45mg (22.99%), Vitamin B12: 1.32µg (21.93%), Copper: 0.42mg (21.2%), Folate: 75.41µg (18.85%), Iron: 3.37mg (18.71%), Fiber: 4.11g (16.43%), Calcium: 84.48mg (8.45%), Vitamin K: 5.72µg (5.45%), Vitamin C: 4.2mg (5.09%), Vitamin A: 230.77IU (4.62%), Vitamin D: 0.21µg (1.4%)