



Peanut Butter Chicken



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced with juice canned
- ☐ 0.8 cup chicken stock see
- ☐ 7 mushrooms fresh sliced
- ☐ 1 medium onion sliced
- ☐ 0.1 teaspoon pepper flakes red
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound chicken breast halves boneless skinless cut into 1 inch cubes
- ☐ 0.8 cup smooth peanut butter

☐ 2 tablespoons vegetable oil

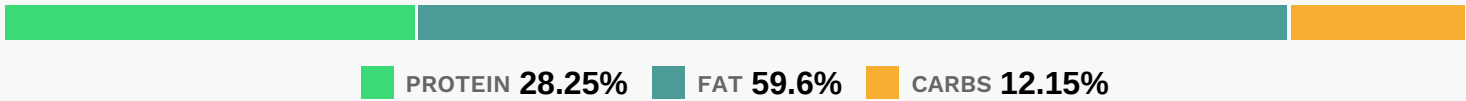
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add the chicken pieces, and cook until chicken starts to turn white.
- ☐ Add the onion, mushrooms, and red pepper flakes. Season with salt and pepper. Cook, stirring constantly until onions are translucent, about 5 minutes.
- ☐ Pour the tomatoes and chicken stock into the skillet, and simmer for about 10 minutes, or until chicken is cooked through. Stir in peanut butter, and cook stirring constantly until the sauce thickens. This should only take a minute or two. If the sauce is not thickening, you may stir in more peanut butter.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:2.01, Inflammation Score:-7, Nutrition Score:24.097391517266%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 513.26kcal (25.66%), Fat: 35.15g (54.08%), Saturated Fat: 6.74g (42.13%), Carbohydrates: 16.12g (5.37%), Net Carbohydrates: 12.96g (4.71%), Sugar: 7.65g (8.5%), Cholesterol: 73.92mg (24.64%), Sodium: 601.09mg (26.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.49g (74.97%), Vitamin B3: 20.27mg (101.37%), Selenium: 42.67µg (60.95%), Vitamin B6: 1.16mg (58.11%), Phosphorus: 452.54mg (45.25%), Manganese: 0.78mg (38.98%), Vitamin E: 5.22mg (34.83%), Magnesium: 119.04mg (29.76%), Vitamin B5: 2.69mg (26.87%), Potassium: 892.37mg (25.5%), Vitamin B2: 0.39mg (23.1%), Copper: 0.38mg (19.04%), Folate: 59.58µg (14.9%), Zinc: 2.18mg (14.54%), Vitamin B1: 0.2mg (13.08%), Fiber: 3.16g (12.65%), Vitamin K: 13.14µg (12.52%), Iron: 1.6mg (8.88%), Vitamin

C: 4.22mg (5.12%), Vitamin B12: 0.24µg (4.01%), Calcium: 38.42mg (3.84%), Vitamin D: 0.18µg (1.22%), Vitamin A: 54.45IU (1.09%)