



Peanut-Chicken Stir-fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 skinned and boned chicken breasts cubed
- ☐ 0.5 teaspoon cornstarch
- ☐ 2 tablespoons creamy peanut butter
- ☐ 1 teaspoon sesame oil dark
- ☐ 4 servings garnish: dry-roasted peanuts chopped
- ☐ 1 cup chicken broth fat-free reduced-sodium
- ☐ 1 teaspoon ginger fresh grated
- ☐ 1 cup jasmine rice uncooked

- ☐ 1 tablespoon brown sugar light
- ☐ 2 tablespoons juice of lime
- ☐ 1 bell pepper red cut into thin strips
- ☐ 0.8 teaspoon salt divided
- ☐ 1 tablespoon lite soy sauce
- ☐ 1.5 cups sugar snap peas fresh trimmed
- ☐ 2 tablespoons chili sauce sweet
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Cook rice according to package directions.
- ☐ Sprinkle chicken with 1/2 tsp. salt.
- ☐ Whisk together chicken broth and next 7 ingredients. Set aside.
- ☐ Heat oils in a large nonstick skillet or wok over high heat 1 to 2 minutes or until hot.
- ☐ Add chicken, and stir-fry 5 minutes or until chicken pieces are browned and no longer pink inside.
- ☐ Add peas, bell pepper, and remaining 1/4 tsp. salt; cook 2 minutes, stirring often. Stir chicken broth mixture, and add to skillet; bring to a boil. Cook, stirring constantly, 2 minutes or until thickened.
- ☐ Serve over rice; garnish, if desired.
- ☐ Note: For testing purposes only, we used Maggi Taste of Asia Sweet Chili Sauce found in the Asian section of large supermarkets.

Nutrition Facts



 PROTEIN **25.31%**  FAT **38.37%**  CARBS **36.32%**

Properties

Glycemic Index:34.3, Glycemic Load:22.87, Inflammation Score:-9, Nutrition Score:30.798695481342%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 618.27kcal (30.91%), Fat: 26.76g (41.16%), Saturated Fat: 4.49g (28.08%), Carbohydrates: 56.99g (19%), Net Carbohydrates: 51.62g (18.77%), Sugar: 10.88g (12.09%), Cholesterol: 72.32mg (24.11%), Sodium: 1305.85mg (56.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.71g (79.41%), Vitamin B3: 19.09mg (95.47%), Vitamin C: 63.76mg (77.29%), Manganese: 1.5mg (75.06%), Selenium: 47.35µg (67.64%), Vitamin B6: 1.2mg (60.09%), Phosphorus: 474.39mg (47.44%), Vitamin B5: 3.05mg (30.51%), Magnesium: 120.72mg (30.18%), Vitamin A: 1368.59IU (27.37%), Potassium: 926.98mg (26.49%), Fiber: 5.36g (21.46%), Folate: 84.23µg (21.06%), Copper: 0.42mg (21.01%), Vitamin B1: 0.29mg (19.38%), Vitamin K: 17.38µg (16.55%), Iron: 2.73mg (15.14%), Vitamin B2: 0.25mg (14.78%), Zinc: 2.18mg (14.51%), Vitamin E: 1.92mg (12.78%), Calcium: 77.47mg (7.75%), Vitamin B12: 0.34µg (5.66%)