



WHATSheATE



Peanut Oven-Fried Chicken With Citrus-Ginger Sauce

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds chicken breast
- ☐ 2 tablespoons creamy peanut butter with usa-grown peanuts
- ☐ 2 egg whites
- ☐ 2 tablespoons ginger fresh grated (1 2-inch piece)
- ☐ 2 teaspoons juice of lime
- ☐ 0.3 cup orange juice
- ☐ 1 teaspoon paprika

- ☐ 0.3 cup roast peanut flour made light with usa-grown peanuts
- ☐ 1.5 teaspoons vegetable oil; peanut oil preferred with usa-grown peanuts
- ☐ 0.3 cup peanuts
- ☐ 4 servings peanuts chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 16 saltines
- ☐ 1 tablespoon soya sauce
- ☐ 0.3 cup chilli sauce sweet

Equipment

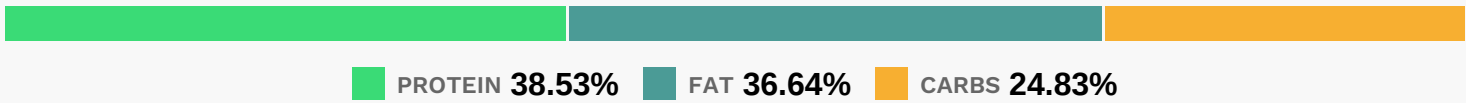
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender

Directions

- ☐ Preheat oven to 42
- ☐ Process crackers and peanuts in a blender or food processor 30 to 45 seconds or until finely ground. Stir together cracker mixture, paprika, salt, and pepper.
- ☐ Whisk egg whites just until foamy.
- ☐ Place a wire rack coated with cooking spray in a parchment paper-lined 15- x 10-inch jelly-roll pan. Dredge chicken tenders in peanut flour; dip in egg whites, and dredge in cracker mixture.
- ☐ Place chicken on wire rack.

- ☐
- Bake at 425 for 18 to 20 minutes or until golden brown and done, turning once after 12 minutes.
- ☐
- Meanwhile, squeeze juice from grated ginger into a small bowl; discard solids.
- ☐
- Combine ginger juice, orange juice, and next 5 ingredients in a blender or food processor. Pulse 2 to 3 times or until smooth and well blended.
- ☐
- Serve immediately with chicken tenders.
- ☐
- Garnish, if desired.
- ☐
- Note: We tested with 12% fat light roast peanut flour.

Nutrition Facts



Properties

Glycemic Index:42.88, Glycemic Load:1.54, Inflammation Score:-6, Nutrition Score:24.033043817334%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 420.68kcal (21.03%), Fat: 17.23g (26.5%), Saturated Fat: 3.09g (19.32%), Carbohydrates: 26.26g (8.75%), Net Carbohydrates: 22.9g (8.33%), Sugar: 10.69g (11.87%), Cholesterol: 90.72mg (30.24%), Sodium: 1041.4mg (45.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.76g (81.52%), Vitamin B3: 19.46mg (97.28%), Selenium: 51.31µg (73.3%), Vitamin B6: 1.2mg (60.08%), Manganese: 0.9mg (44.99%), Phosphorus: 429.53mg (42.95%), Vitamin B5: 2.57mg (25.67%), Potassium: 872.56mg (24.93%), Magnesium: 84.52mg (21.13%), Vitamin B1: 0.31mg (20.93%), Vitamin B2: 0.33mg (19.36%), Copper: 0.37mg (18.35%), Folate: 71.44µg (17.86%), Vitamin C: 12.96mg (15.71%), Fiber: 3.36g (13.43%), Iron: 2.4mg (13.33%), Zinc: 1.85mg (12.3%), Vitamin E: 1.54mg (10.28%), Vitamin A: 332.87IU (6.66%), Vitamin B12: 0.31µg (5.13%), Calcium: 41.34mg (4.13%), Vitamin K: 4.22µg (4.02%)