



Peanut-Roasted Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



833 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken leg-thigh quarters separated
- ☐ 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

- ☐ 3 ounce honey-roasted peanuts
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons soya sauce

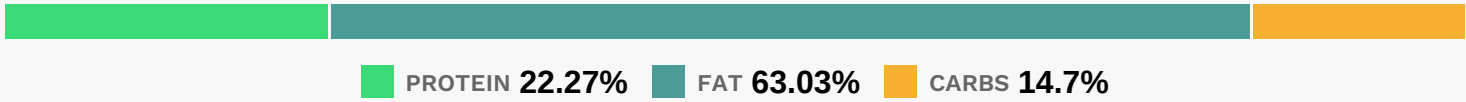
Equipment

- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ ziploc bags

Directions

- ☐ Place chicken in a shallow dish or large heavy-duty zip-top plastic bag.
- ☐ Stir together peanut butter and next 4 ingredients.
- ☐ Pour mixture over chicken; cover or seal, and chill 30 minutes, turning occasionally.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Process peanuts and remaining ingredients in a blender until mixture is crumbly.
- ☐ Place crumbs in a heavy-duty zip-top plastic bag; add chicken, and seal. Shake to coat.
- ☐ Place chicken in a lightly greased 13- x 9-inch baking dish.
- ☐ Bake at 375 for 45 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:35.82, Glycemic Load:5.52, Inflammation Score:-6, Nutrition Score:26.772608674091%

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: 832.63kcal (41.63%), Fat: 59.69g (91.84%), Saturated Fat: 13.67g (85.42%), Carbohydrates: 31.32g (10.44%), Net Carbohydrates: 26.94g (9.8%), Sugar: 13.18g (14.65%), Cholesterol: 188.92mg (62.97%), Sodium: 1562.63mg (67.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.44g (94.89%), Vitamin B3: 17.71mg (88.56%), Selenium: 42.76µg (61.09%), Manganese: 1.21mg (60.56%), Phosphorus: 533.74mg (53.37%), Vitamin B6: 0.92mg (46.08%), Magnesium: 137.5mg (34.37%), Vitamin B5: 2.73mg (27.31%), Vitamin B1: 0.4mg (26.38%), Zinc: 3.94mg (26.26%), Vitamin B2: 0.41mg (24.16%), Potassium: 807.99mg (23.09%), Vitamin E: 3.4mg (22.68%), Copper: 0.43mg (21.6%), Vitamin B12: 1.28µg (21.35%), Folate: 77.71µg (19.43%), Iron: 3.3mg (18.33%), Fiber: 4.38g (17.51%), Calcium: 85.12mg (8.51%), Vitamin K: 5.16µg (4.92%), Vitamin C: 4mg (4.85%), Vitamin A: 203.49IU (4.07%), Vitamin D: 0.19µg (1.29%)