



Polynesian Peach Chicken

 Dairy Free

READY IN

ready

85 min.

SERVINGS

servings

6

CALORIES

calories

502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds chicken pieces bone-in
- ☐ 0.3 cup corn oil
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup flour all-purpose
- ☐ 1 bell pepper green cut into strips
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 onion chopped
- ☐ 15 ounce peach halves canned

- ☐ 0.5 teaspoon salt
- ☐ 6 servings salt and pepper black to taste
- ☐ 1 tablespoon soya sauce
- ☐ 1.5 cups water
- ☐ 3 tablespoons distilled vinegar white

Equipment

- ☐ bowl
- ☐ pot
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Combine the flour in a plastic bag with 1/2 teaspoon salt and 1/4 teaspoon black pepper.
- ☐ Add the chicken pieces, and toss to coat evenly with flour.
- ☐ Heat the corn oil in a Dutch oven over medium heat. Shake the excess flour from the chicken pieces, and place into the hot oil. Cook until browned on all sides turning occasionally, about 15 minutes.
- ☐ Pour in the water, cover, and reduce the heat to medium-low. Cook 30 minutes.
- ☐ After 30 minutes, stir in the onion and green bell pepper. Cook and stir until the chicken is no longer pink at the bone, and the onion is tender, about 10 minutes.
- ☐ Pour 2 tablespoons of the reserved peach juice into a small bowl, and set aside.
- ☐ Pour the remaining peach juice into the pot along with the soy sauce and vinegar; bring to a boil over medium-high heat. Dissolve the cornstarch in the reserved peach juice, and stir into the boiling sauce. Cook and stir until the sauce thickens and is no longer cloudy, about 1 minute. Stir in the peach halves and chopped tomatoes. Cook and stir until the peaches are hot and the tomatoes are beginning to fall apart, about 5 minutes. Season to taste with salt and pepper before serving.

Nutrition Facts



 PROTEIN **25.02%**  FAT **59.56%**  CARBS **15.42%**

Properties

Glycemic Index:41.54, Glycemic Load:8.67, Inflammation Score:-6, Nutrition Score:16.143912947696%

Flavonoids

Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg Catechin: 3.49mg, Catechin: 3.49mg, Catechin: 3.49mg, Catechin: 3.49mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

Nutrients (% of daily need)

Calories: 501.6kcal (25.08%), Fat: 32.91g (50.63%), Saturated Fat: 7.45g (46.54%), Carbohydrates: 19.18g (6.39%), Net Carbohydrates: 17.13g (6.23%), Sugar: 7.28g (8.09%), Cholesterol: 115.67mg (38.56%), Sodium: 677.12mg (29.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.11g (62.21%), Vitamin B3: 11.91mg (59.55%), Selenium: 27.43µg (39.18%), Vitamin B6: 0.63mg (31.74%), Vitamin C: 22.68mg (27.49%), Phosphorus: 267.36mg (26.74%), Vitamin E: 2.45mg (16.33%), Vitamin B5: 1.61mg (16.12%), Vitamin B2: 0.27mg (16.1%), Zinc: 2.34mg (15.57%), Vitamin B1: 0.21mg (14.19%), Potassium: 458.31mg (13.09%), Iron: 2.31mg (12.83%), Magnesium: 44.69mg (11.17%), Manganese: 0.22mg (11.16%), Vitamin A: 521.16IU (10.42%), Folate: 38.59µg (9.65%), Vitamin K: 10.09µg (9.61%), Copper: 0.18mg (9.03%), Fiber: 2.05g (8.2%), Vitamin B12: 0.48µg (7.97%), Calcium: 31.05mg (3.11%), Vitamin D: 0.31µg (2.06%)