



Quick Spicy Chicken with Peanut Sauce

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 oz canned tomatoes diced organic canned
- 0.3 cup creamy peanut butter
- 0.3 cup cilantro leaves fresh loosely packed
- 3 cloves garlic
- 0.5 teaspoon salt
- 0.3 teaspoon pepper red crushed
- 1.5 teaspoons ground cumin
- 0.5 teaspoon cinnamon

- 1 lb chicken breast uncooked cut in half (not breaded)
- 1 tablespoon olive oil

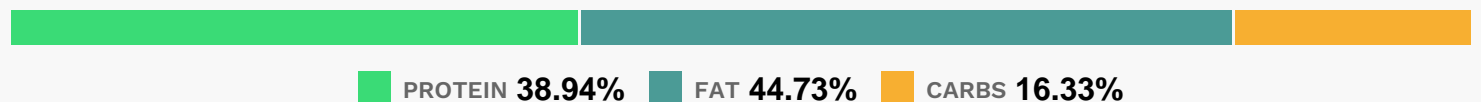
Equipment

- food processor
- bowl
- frying pan

Directions

- Drain tomatoes, reserving juice. In food processor bowl with metal blade, place reserved juice, peanut butter, cilantro leaves, garlic, salt and pepper flakes. Cover; process with on-and-off pulses until mixture is pureed.
- In medium bowl, combine cumin and cinnamon.
- Add chicken; toss to coat.
- In 12-inch nonstick skillet, heat oil over medium-high heat.
- Add chicken to skillet; cook 5 minutes, turning occasionally, until chicken is light golden brown. Stir in tomatoes and peanut butter mixture.
- Heat to boiling. Reduce heat to low; simmer uncovered 5 minutes to blend flavors.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:2.73, Inflammation Score:-6, Nutrition Score:20.173043520554%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 296.73kcal (14.84%), Fat: 15.17g (23.34%), Saturated Fat: 2.81g (17.58%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 9.41g (3.42%), Sugar: 6.28g (6.97%), Cholesterol: 72.57mg (24.19%), Sodium: 631.3mg (27.45%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.71g (59.43%), Vitamin B3: 15.31mg (76.53%), Vitamin B6: 1.11mg (55.54%), Selenium: 37.97µg (54.24%), Phosphorus: 333.89mg (33.39%), Manganese: 0.55mg (27.74%), Potassium: 842.88mg (24.08%), Vitamin E: 3.58mg (23.86%), Vitamin B5: 2.09mg (20.94%), Magnesium: 81.2mg (20.3%), Copper: 0.3mg (15.21%), Iron: 2.65mg (14.74%), Vitamin C: 11.86mg (14.37%), Fiber: 3.06g (12.23%), Vitamin B1: 0.18mg (12.14%), Vitamin B2: 0.21mg (12.09%), Vitamin K: 11.22µg (10.68%), Zinc: 1.42mg (9.48%), Folate: 32.58µg (8.14%), Vitamin A: 369.98IU (7.4%), Calcium: 63.37mg (6.34%), Vitamin B12: 0.23µg (3.78%)