



Spicy Peanut Chicken

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons thai chili garlic sauce to taste (Sriracha)
- 0.5 cup chow mein noodles
- 1.5 teaspoons curry powder
- 4 green onions coarsely chopped
- 1.5 teaspoons ground pepper to taste
- 0.5 teaspoon ground cinnamon
- 2 cups extra chunky peanut butter
- 1 tablespoon vegetable oil; peanut oil preferred

- 2 large chicken breast halves boneless skinless cut into 1-inch cubes
- 2 teaspoons soya sauce
- 0.5 pound pasta like spaghetti uncooked
- 3.5 cups water

Equipment

- bowl
- frying pan
- sauce pan
- wok

Directions

- Combine curry powder, Thai chili garlic sauce, cayenne pepper, cinnamon, and soy sauce in a small bowl, and set aside. Fill a saucepan with water, and bring it to a boil. When the water is boiling, drop in the spaghetti and cook for 8 to 12 minutes, stirring occasionally, until tender.
- Drain the spaghetti, and set aside.
- Heat peanut oil in a skillet or wok over medium-high heat until barely smoking, and drop in the chicken. Cook and stir 5 to 8 minutes, until the chicken is just beginning to brown and the inside is no longer pink.
- Remove chicken from the skillet, and set aside.
- Make the peanut sauce by stirring together peanut butter and 3 1/2 cups of water in a saucepan over medium heat until mixture is smooth and the peanut butter is melted.
- Pour in the curry-chili sauce, and simmer, stirring occasionally, until the sauce is thickened, about 15 minutes.
- To serve, place the noodles in a large bowl, top with chicken, and spoon the peanut sauce over the chicken.
- Sprinkle the green onions over the dish, and garnish with chow mein noodles.

Nutrition Facts



PROTEIN 17.09% FAT 52.25% CARBS 30.66%

Properties

Glycemic Index:18.13, Glycemic Load:10.23, Inflammation Score:-7, Nutrition Score:20.24086975533%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 601.2kcal (30.06%), Fat: 36.26g (55.79%), Saturated Fat: 7.07g (44.2%), Carbohydrates: 47.89g (15.96%), Net Carbohydrates: 42.46g (15.44%), Sugar: 8.75g (9.72%), Cholesterol: 18.08mg (6.03%), Sodium: 702.64mg (30.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.68g (53.37%), Manganese: 1.27mg (63.61%), Vitamin B3: 12.15mg (60.72%), Vitamin E: 6.47mg (43.11%), Selenium: 29.75µg (42.5%), Magnesium: 135.81mg (33.95%), Phosphorus: 338.22mg (33.82%), Vitamin B6: 0.56mg (27.93%), Fiber: 5.43g (21.72%), Copper: 0.39mg (19.45%), Folate: 66.8µg (16.7%), Potassium: 565.14mg (16.15%), Zinc: 2.27mg (15.13%), Iron: 2.34mg (13%), Vitamin K: 13.43µg (12.79%), Vitamin B5: 1.22mg (12.19%), Vitamin B2: 0.18mg (10.59%), Vitamin B1: 0.14mg (9.27%), Calcium: 50.3mg (5.03%), Vitamin A: 228.4IU (4.57%), Vitamin C: 1.8mg (2.18%)