

# Thai Chicken

 **Gluten Free**  **Dairy Free**

READY IN



**50 min.**

SERVINGS



**4**

CALORIES



**464 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon brown sugar
- 4 tablespoons crunchy peanut butter
- 1 tablespoon ginger root fresh minced
- 8 cloves garlic minced
- 2 tablespoons green onions chopped
- 1 onion sliced
- 2 tablespoons pepper sauce hot
- 1 tablespoon sesame oil

- 2 pounds chicken thighs skinless
- 1 cup soya sauce
- 0.5 cup water

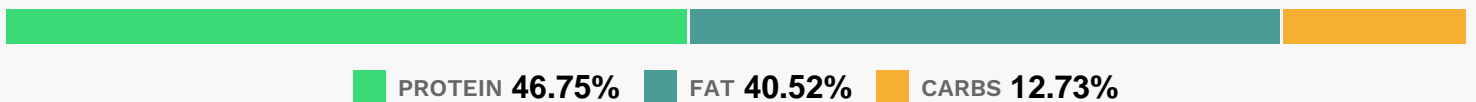
## Equipment

- bowl
- dutch oven

## Directions

- In a large bowl, combine the soy sauce, garlic, ginger and hot pepper sauce.
- Mix well and place chicken in the bowl, turning to coat evenly. Cover and marinate in the refrigerator for at least one hour.
- Heat the sesame oil in a Dutch oven over medium high heat.
- Add the brown sugar, stirring until dissolved.
- Add the onion and saute for 5 minutes.
- Add the chicken parts and saute for 5 minutes, turning to brown evenly.
- Pour in marinade, add the water and bring to a boil.
- Reduce heat to low and simmer for 15 to 20 minutes.
- Add the peanut butter, stirring well, and simmer for 10 more minutes.
- Transfer chicken to a serving platter, pour sauce over, and garnish with the chives.

## Nutrition Facts



## Properties

Glycemic Index:29.75, Glycemic Load:1.63, Inflammation Score:-6, Nutrition Score:26.64956504884%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.01mg

Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

## Nutrients (% of daily need)

Calories: 464.28kcal (23.21%), Fat: 20.97g (32.26%), Saturated Fat: 4.08g (25.51%), Carbohydrates: 14.82g (4.94%), Net Carbohydrates: 12.35g (4.49%), Sugar: 6.65g (7.39%), Cholesterol: 215.46mg (71.82%), Sodium: 3696.43mg (160.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.43g (108.87%), Vitamin B3: 17.27mg (86.36%), Selenium: 54.09µg (77.27%), Vitamin B6: 1.32mg (65.78%), Phosphorus: 570.24mg (57.02%), Manganese: 0.76mg (38.17%), Vitamin B5: 3.2mg (32.05%), Vitamin B2: 0.53mg (31.16%), Zinc: 4.29mg (28.59%), Magnesium: 107.46mg (26.86%), Potassium: 890.91mg (25.45%), Vitamin B12: 1.45µg (24.19%), Iron: 3.77mg (20.92%), Vitamin B1: 0.28mg (18.96%), Copper: 0.34mg (17.04%), Vitamin K: 13.71µg (13.06%), Vitamin C: 9.42mg (11.42%), Folate: 42.17µg (10.54%), Vitamin E: 1.5mg (10.03%), Fiber: 2.47g (9.88%), Calcium: 62.73mg (6.27%), Vitamin A: 95.96IU (1.92%)