



Thai Chicken 'Mole

 Popular

READY IN



45 min.

SERVINGS



2

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 birds eye chili sliced ()
- ☐ 0.5 cup chicken stock see
- ☐ 1 handful cilantro leaves chopped ()
- ☐ 0.5 cup jack and cheddar cheese grated ()
- ☐ 1 cup thai spicy peanut sauce
- ☐ 1 handful roasted peanuts chopped ()
- ☐ 2 small chicken breasts boneless skinless (and)

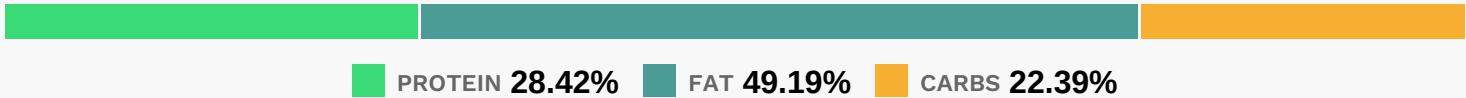
Equipment

☐ frying pan

Directions

- ☐ Mix the peanut sauce and chicken stock in a pan and bring to a boil.
- ☐ Reduce the heat, add the chicken, cover in the sauce and simmer, covered, for 30 minutes.
- ☐ Sprinkle the cheese onto the chicken, cover and cook until it melts, a few minutes.
- ☐ Serve garnished with fresh chopped cilantro, peanuts and chilies.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:15.877391706342%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 582.76kcal (29.14%), Fat: 30.2g (46.46%), Saturated Fat: 6.3g (39.35%), Carbohydrates: 30.93g (10.31%), Net Carbohydrates: 30.81g (11.2%), Sugar: 22g (24.45%), Cholesterol: 102.37mg (34.12%), Sodium: 2074.85mg (90.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.25g (78.5%), Selenium: 45.54µg (65.05%), Vitamin B3: 12.86mg (64.3%), Vitamin B6: 0.91mg (45.54%), Phosphorus: 386.47mg (38.65%), Calcium: 209.29mg (20.93%), Vitamin B5: 1.75mg (17.46%), Vitamin B2: 0.29mg (17.27%), Potassium: 522.25mg (14.92%), Zinc: 1.8mg (12%), Magnesium: 41.14mg (10.29%), Vitamin A: 471.41IU (9.43%), Vitamin B12: 0.53µg (8.76%), Vitamin K: 7.44µg (7.08%), Vitamin B1: 0.11mg (7.05%), Vitamin C: 5.65mg (6.85%), Copper: 0.08mg (4.13%), Folate: 15.67µg (3.92%), Iron: 0.65mg (3.63%), Vitamin E: 0.5mg (3.37%), Manganese: 0.04mg (2.18%), Vitamin D: 0.28µg (1.88%)