



Thai Chicken Tenders



Gluten Free



Dairy Free

READY IN



11 min.

SERVINGS



5

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cayenne pepper mccormick®
- ☐ 1 pound meat from a rotisserie chicken boneless skinless sliced into strips
- ☐ 0.5 cup creamy peanut butter peter pan®
- ☐ 2 teaspoons ginger minced
- ☐ 0.5 cup hoisin sauce
- ☐ 0.5 cup scallions chopped
- ☐ 2 tablespoons sesame oil

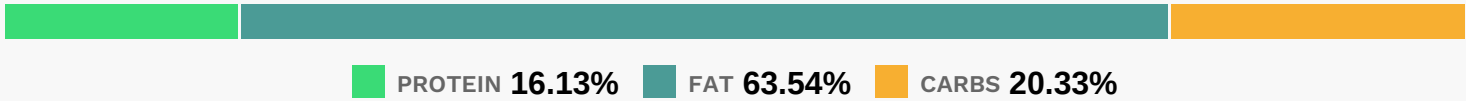
Equipment

☐ frying pan

Directions

- ☐ Heat oil in large skillet and cook chicken until it is no longer pink, about 2–3 minutes. Reduce heat to low and add ginger, Hoisin sauce, Peter Pan peanut butter and McCormick cayenne pepper. Cook, stirring frequently, until sauce is bubbly and warm, 1–2 minutes.
- ☐ Remove from heat and sprinkle with scallions.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.6, Glycemic Load:0.84, Inflammation Score:-5, Nutrition Score:10.78826090823%

Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 362.76kcal (18.14%), Fat: 26.37g (40.57%), Saturated Fat: 5.45g (34.07%), Carbohydrates: 18.98g (6.33%), Net Carbohydrates: 16.59g (6.03%), Sugar: 10.5g (11.67%), Cholesterol: 33.48mg (11.16%), Sodium: 588.49mg (25.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.06g (30.12%), Vitamin B3: 6.81mg (34.04%), Manganese: 0.48mg (24.11%), Vitamin K: 22.65µg (21.57%), Vitamin E: 2.81mg (18.75%), Phosphorus: 167.07mg (16.71%), Magnesium: 61.86mg (15.47%), Vitamin B6: 0.3mg (15.06%), Selenium: 7.92µg (11.32%), Vitamin B2: 0.17mg (10.19%), Fiber: 2.39g (9.57%), Folate: 38.04µg (9.51%), Zinc: 1.37mg (9.1%), Copper: 0.18mg (8.8%), Potassium: 299.51mg (8.56%), Iron: 1.3mg (7.22%), Vitamin B5: 0.7mg (6.98%), Vitamin A: 328.75IU (6.58%), Vitamin B1: 0.07mg (4.66%), Vitamin C: 3.03mg (3.68%), Calcium: 34.15mg (3.42%), Vitamin B12: 0.14µg (2.25%)