



Thai Chicken with Spicy Peanut Sauce

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 1.5 teaspoons curry powder
- 1.5 teaspoons garlic powder
- 1 teaspoon ground ginger
- 0.3 cup milk
- 1.3 lb chicken breast boneless skinless
- 0.5 cup yogurt plain
- 0.3 cup creamy peanut butter

- 0.5 cup milk
- 1 tablespoon soya sauce
- 0.1 teaspoon ground pepper red (cayenne)
- 2 tablespoons fruit cocktail finely chopped
- 1 cup frangelico

Equipment

- bowl
- frying pan
- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 425°F. In 13x9-inch (3-quart) glass baking dish, heat butter in oven 2 to 3 minutes or until melted.
- In small bowl, mix Bisquick mix, curry powder, garlic powder and ginger.
- Pour milk into shallow dish. Dip chicken into milk, then coat with Bisquick mixture.
- Place in baking dish.
- Bake 20 minutes; turn chicken.
- Bake about 10 minutes longer or until juice of chicken is clear when center of thickest part is cut (170°F).
- Meanwhile, in 10-inch nonstick skillet, mix sauce ingredients. Cook over medium heat 3 to 4 minutes, stirring occasionally, until mixture begins to thicken.
- Serve sauce over chicken.
- Sprinkle with peanuts.

Nutrition Facts

PROTEIN 37.4% **FAT 52.1%** **CARBS 10.5%**

Properties

Glycemic Index:55.25, Glycemic Load:2.22, Inflammation Score:-6, Nutrition Score:20.906521973403%

Nutrients (% of daily need)

Calories: 397.48kcal (19.87%), Fat: 23.14g (35.6%), Saturated Fat: 5.81g (36.31%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 9.17g (3.34%), Sugar: 6.74g (7.49%), Cholesterol: 100.8mg (33.6%), Sodium: 619.05mg (26.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.38g (74.76%), Vitamin B3: 17.3mg (86.51%), Selenium: 48.41µg (69.16%), Vitamin B6: 1.22mg (60.99%), Phosphorus: 450.15mg (45.01%), Vitamin B5: 2.54mg (25.41%), Manganese: 0.51mg (25.26%), Potassium: 792.51mg (22.64%), Magnesium: 80.3mg (20.08%), Vitamin B2: 0.3mg (17.85%), Vitamin E: 2.34mg (15.57%), Calcium: 124.2mg (12.42%), Vitamin A: 579.71IU (11.59%), Zinc: 1.73mg (11.54%), Vitamin B12: 0.68µg (11.36%), Vitamin B1: 0.16mg (10.84%), Iron: 1.34mg (7.43%), Copper: 0.14mg (6.76%), Folate: 24.63µg (6.16%), Fiber: 1.32g (5.29%), Vitamin D: 0.73µg (4.88%), Vitamin C: 2.17mg (2.63%), Vitamin K: 1.54µg (1.47%)