



Thai Chicken with Sugar Snap Peas

 Dairy Free

READY IN



85 min.

SERVINGS



25

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz pasta like spaghetti cooked drained thin
- 2 Tbsp crunchy peanut butter
- 0.5 tsp pepper red crushed
- 2 Tbsp honey
- 1 lb chicken breasts boneless skinless cut into strips
- 0.8 cup viva dressing italian divided kraft
- 2 Tbsp soya sauce
- 8 oz sugar snap peas fresh rinsed drained

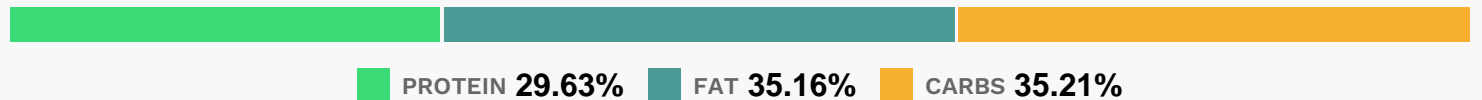
Equipment

- bowl
- frying pan
- whisk

Directions

- Pour 1/4 cup dressing over chicken in medium bowl; toss to coat. Cover. Refrigerate 1 hour to marinate.
- Remove chicken from marinade; discard marinade.
- Mix remaining dressing, peanut butter, honey, soy sauce and pepper with whisk until blended; set aside.
- Cook and stir chicken in large skillet on medium-high heat 5 min.
- Add snap peas; cook and stir 3 min. or until chicken is done.
- Remove skillet from heat.
- Add dressing mixture and spaghetti; toss lightly.
- Serve immediately. Or, cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:2.01, Inflammation Score:-2, Nutrition Score:3.640869518661%

Nutrients (% of daily need)

Calories: 69.37kcal (3.47%), Fat: 2.71g (4.16%), Saturated Fat: 0.43g (2.68%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 5.57g (2.02%), Sugar: 2.69g (2.99%), Cholesterol: 11.61mg (3.87%), Sodium: 178.89mg (7.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.26%), Selenium: 8.54µg (12.21%), Vitamin B3: 2.23mg (11.16%), Vitamin B6: 0.17mg (8.44%), Vitamin C: 5.7mg (6.91%), Vitamin K: 6.3µg (6%), Phosphorus: 55.37mg (5.54%), Manganese: 0.09mg (4.43%), Vitamin B5: 0.36mg (3.58%), Potassium: 109.43mg (3.13%), Magnesium: 11.6mg (2.9%), Iron: 0.46mg (2.57%), Vitamin A: 118.45IU (2.37%), Vitamin E: 0.33mg (2.17%), Fiber: 0.53g (2.12%), Vitamin B1: 0.03mg (2.05%), Vitamin B2: 0.03mg (1.87%), Folate: 6.65µg (1.66%), Copper: 0.03mg (1.64%), Zinc:

0.23mg (1.52%)