



## Thai Peanut Chicken

 Dairy Free

READY IN



31 min.

SERVINGS



31

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 cups broccoli florets
- 2 carrots thinly sliced
- 0.3 cup classic catalina dressing divided kraft
- 14 oz chicken broth canned
- 1 Tbsp creamy peanut butter
- 1 lb chicken breasts boneless skinless cut into strips
- 2 Tbsp soya sauce
- 0.5 lb pasta like spaghetti uncooked thin

1.5 cups water

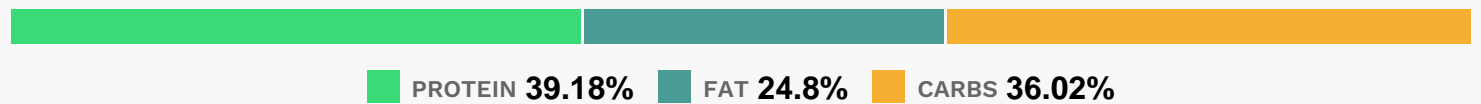
## Equipment

frying pan

## Directions

- Heat 2 Tbsp. dressing in large skillet on medium heat.
- Add chicken; cook and stir 5 min. or until done.
- Stir in remaining dressing, water, broth, soy sauce and peanut butter. Bring to boil.
- Add spaghetti. Cover; simmer 5 min.
- Add vegetables; mix lightly. Simmer, covered, 4 to 6 min. or until spaghetti is tender.

## Nutrition Facts



## Properties

Glycemic Index:4.83, Glycemic Load:2.42, Inflammation Score:-5, Nutrition Score:4.6534782363021%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 80.82kcal (4.04%), Fat: 2.18g (3.35%), Saturated Fat: 0.51g (3.19%), Carbohydrates: 7.12g (2.37%), Net Carbohydrates: 6.59g (2.4%), Sugar: 1.09g (1.21%), Cholesterol: 15.77mg (5.26%), Sodium: 176.33mg (7.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.74g (15.48%), Selenium: 11.84µg (16.92%), Vitamin A: 721.09IU (14.42%), Vitamin B3: 2.15mg (10.74%), Vitamin B6: 0.16mg (8.23%), Phosphorus: 72.65mg (7.27%), Vitamin C: 5.64mg (6.84%), Vitamin K: 6.84µg (6.51%), Manganese: 0.1mg (5.03%), Zinc: 0.56mg (3.74%), Potassium: 126.56mg (3.62%), Magnesium: 13.27mg (3.32%), Vitamin B5: 0.29mg (2.94%), Vitamin B12: 0.16µg (2.62%), Vitamin B2: 0.04mg (2.57%), Iron: 0.41mg (2.26%), Fiber: 0.53g (2.12%), Copper: 0.04mg (2.09%), Folate: 7.26µg (1.81%), Vitamin B1: 0.02mg (1.61%), Vitamin E: 0.2mg (1.3%)