



Thai Peanut Chicken

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce campbell's® condensed cream of mushroom soup fat free 98% canned (Regular or)
- 4 servings rice hot cooked
- 0.3 cup creamy peanut butter
- 2 tablespoons cilantro leaves fresh finely chopped
- 4 teaspoons garlic minced
- 2 tablespoons juice of lime
- 1 cup milk
- 2 tablespoons olive oil

- 1 large onion thinly sliced
- 2 medium orange bell peppers red yellow cut into 2-inch-long strips
- 16 ounce chicken breast halves boneless skinless cut into 1 1/2-inch pieces

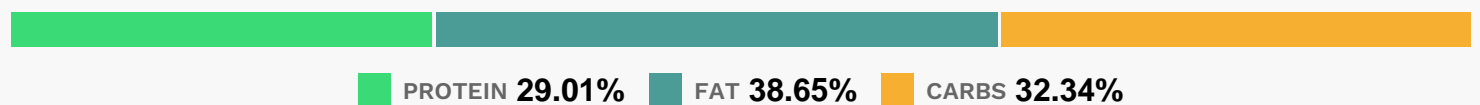
Equipment

- bowl
- frying pan

Directions

- Stir the chicken, garlic, lime juice and 1 tablespoon cilantro in a medium bowl.
- Heat 1 tablespoon oil in a 12-inch nonstick skillet over medium-high heat.
- Add the chicken mixture and cook until the chicken is well browned, stirring often.
- Remove the chicken mixture from the skillet.
- Heat the remaining oil in the skillet over medium heat.
- Add the onion and peppers and cook until they're tender-crisp, stirring occasionally.
- Stir the soup, milk and peanut butter in the skillet and heat to a boil. Return the chicken to the skillet. Reduce the heat to low. Cook for 5 minutes or until the chicken is cooked through, stirring occasionally.
- Serve the chicken mixture with the rice and sprinkle with the remaining cilantro.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:26.11, Inflammation Score:-9, Nutrition Score:28.113913048869%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg

Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg

Nutrients (% of daily need)

Calories: 473.46kcal (23.67%), Fat: 20.46g (31.48%), Saturated Fat: 4.27g (26.67%), Carbohydrates: 38.53g (12.84%), Net Carbohydrates: 35.31g (12.84%), Sugar: 5.98g (6.64%), Cholesterol: 76.38mg (25.46%), Sodium: 749.42mg (32.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.56g (69.12%), Vitamin C: 83.54mg (101.26%), Vitamin B3: 15.63mg (78.17%), Vitamin B6: 1.28mg (64.17%), Selenium: 43.56µg (62.22%), Manganese: 1.02mg (51.11%), Vitamin A: 1915.23IU (38.3%), Phosphorus: 380.95mg (38.09%), Vitamin B5: 2.5mg (25.03%), Vitamin E: 3.7mg (24.64%), Potassium: 836.38mg (23.9%), Magnesium: 84.43mg (21.11%), Copper: 0.35mg (17.54%), Zinc: 2.55mg (17.02%), Vitamin B2: 0.27mg (15.63%), Folate: 61.57µg (15.39%), Fiber: 3.23g (12.91%), Vitamin B1: 0.18mg (12.22%), Iron: 1.83mg (10.14%), Vitamin K: 8.27µg (7.88%), Vitamin B12: 0.35µg (5.81%), Calcium: 45.77mg (4.58%)