



Thai Peanut Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



85 min.

SERVINGS



6

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds chicken whole
- ☐ 1.5 cups salsa hot thick
- ☐ 0.5 cup peanut butter
- ☐ 0.3 cup juice of lime
- ☐ 2 tablespoons soya sauce
- ☐ 2 teaspoons ginger grated
- ☐ 0.3 cup peanuts chopped
- ☐ 0.3 cup cilantro leaves fresh chopped

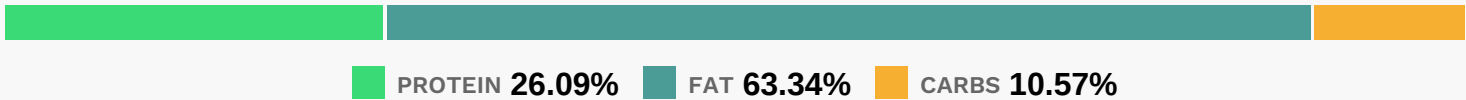
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375°F. Spray rectangular pan, 13x9x2 inches, with cooking spray.
- ☐ Place chicken, skin side down, in a single layer in pan.
- ☐ Mix salsa, peanut butter, lime juice, soy sauce and gingerroot; spoon over chicken.
- ☐ Cover and bake 30 minutes. Turn chicken pieces and spoon pan sauces over chicken.
- ☐ Bake uncovered 20 to 30 minutes longer or until juice of chicken is no longer pink when centers of thickest pieces are cut.
- ☐ Sprinkle with peanuts and cilantro.

Nutrition Facts



Properties

Glycemic Index:15.04, Glycemic Load:0.64, Inflammation Score:-6, Nutrition Score:16.141304192336%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 422.74kcal (21.14%), Fat: 30.54g (46.99%), Saturated Fat: 7.34g (45.91%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 8.56g (3.11%), Sugar: 5.02g (5.58%), Cholesterol: 81.65mg (27.22%), Sodium: 931.93mg (40.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.31g (56.62%), Vitamin B3: 12.22mg (61.12%), Vitamin B6: 0.63mg (31.5%), Manganese: 0.61mg (30.3%), Phosphorus: 287.07mg (28.71%), Selenium: 17.65µg (25.21%), Vitamin E: 3.12mg (20.79%), Magnesium: 82.96mg (20.74%), Potassium: 570.73mg (16.31%), Zinc: 2.27mg (15.14%), Vitamin B5: 1.5mg (14.98%), Copper: 0.25mg (12.67%), Vitamin B2: 0.21mg (12.51%), Fiber: 2.9g (11.6%), Iron: 2.03mg (11.28%), Folate: 44.8µg (11.2%), Vitamin B1: 0.17mg (11.03%), Vitamin A: 514.44IU (10.29%), Vitamin C: 6.22mg (7.53%), Vitamin K: 6.56µg (6.24%), Vitamin B12: 0.34µg (5.62%), Calcium: 50.32mg (5.03%), Vitamin D:

0.22μg (1.45%)