



Thai Peanut Chicken



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



8

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups broccoli florets
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 tablespoons creamy peanut butter
- ☐ 0.3 cup dry-roasted peanuts unsalted
- ☐ 1.5 tablespoons ginger root fresh chopped
- ☐ 3 tablespoons garlic chopped
- ☐ 0.8 cup green onions chopped
- ☐ 3 tablespoons olive oil

- ☐ 4 chicken breast halves boneless skinless cut into thin strips
- ☐ 3 tablespoons soya sauce
- ☐ 4 cups water
- ☐ 2 cups rice white uncooked
- ☐ 2 teaspoons citrus champagne vinegar

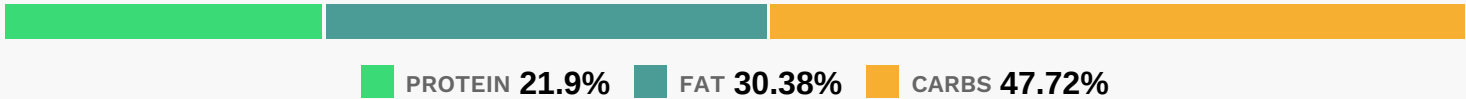
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ wok

Directions

- ☐ Combine the rice and water in a saucepan over medium-high heat. Bring to a boil, then reduce heat to low, cover, and simmer for 20 minutes, or until rice is tender. In a small bowl, stir together the soy sauce, peanut butter, vinegar, and cayenne pepper. Set aside.
- ☐ Heat oil in a skillet or wok over high heat.
- ☐ Add chicken, garlic and ginger, and cook, stirring constantly, until chicken is golden on the outside, about 5 minutes.
- ☐ Reduce heat to medium, and add green onion, broccoli, peanuts, and the peanut butter mixture. Cook, stirring frequently, for 5 minutes, or until broccoli is tender, and chicken is cooked through.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:28.9, Glycemic Load:23.23, Inflammation Score:-6, Nutrition Score:17.429565336393%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 361.41kcal (18.07%), Fat: 12.21g (18.79%), Saturated Fat: 2.04g (12.72%), Carbohydrates: 43.15g (14.38%), Net Carbohydrates: 40.67g (14.79%), Sugar: 1.35g (1.5%), Cholesterol: 36.16mg (12.05%), Sodium: 506.11mg (22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.8g (39.6%), Vitamin K: 51.85µg (49.38%), Manganese: 0.88mg (43.85%), Vitamin B3: 8.61mg (43.04%), Selenium: 26.95µg (38.49%), Vitamin C: 28.86mg (34.98%), Vitamin B6: 0.64mg (32.11%), Phosphorus: 245.27mg (24.53%), Vitamin B5: 1.62mg (16.17%), Magnesium: 56.42mg (14.11%), Potassium: 481.33mg (13.75%), Copper: 0.24mg (11.8%), Folate: 42.5µg (10.62%), Vitamin E: 1.58mg (10.51%), Fiber: 2.48g (9.91%), Vitamin B2: 0.15mg (8.67%), Vitamin B1: 0.13mg (8.61%), Zinc: 1.29mg (8.6%), Iron: 1.39mg (7.74%), Vitamin A: 313.86IU (6.28%), Calcium: 54.69mg (5.47%), Vitamin B12: 0.11µg (1.88%)