



West African Peanut Chicken



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 3 medium size in food processor pureed minced
- ☐ 2 cloves garlic minced
- ☐ 1 bell pepper diced green seeded
- ☐ 0.5 cup peanut butter
- ☐ 0.3 cup vegetable oil; peanut oil preferred or any cooking oil)
- ☐ 1 tablespoon salt
- ☐ 2 pounds chicken breasts boneless skinless cut into bite-size pieces

- ☐ 2 tomatoes diced ripe
- ☐ 3 cups tomatoes pureed (or 2 cups tomato sauce and 1 cup water)
- ☐ 1 cup water

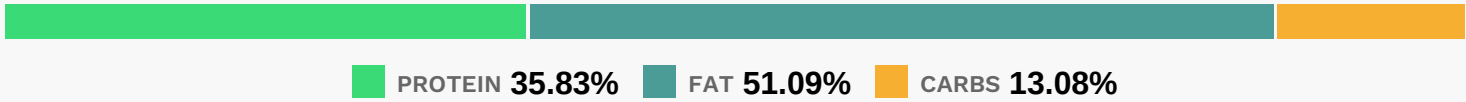
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat oil over high heat for 3 to 4 minutes in a deep pot or large heavy skillet.
- ☐ Add chicken pieces, half at a time, and fry on both sides until nicely browned. Once all chicken pieces are cooked, set aside in a covered bowl to keep warm.
- ☐ Add onions and garlic in same pot; cook until onions are soft and begin to brown, stirring occasionally.
- ☐ Add pureed tomatoes and 1 cup water; reduce heat to medium, bring to a simmer, and let simmer for a few minutes.
- ☐ Return chicken to pot. Stir in peanut butter.
- ☐ Mixture will look clumpy for a minute, but will mix in nicely once it heats up.
- ☐ Add cayenne pepper, black pepper, and salt. Simmer over low heat 10 to 15 minutes.
- ☐ Stir in diced green pepper and tomatoes; simmer for 3 to 4 more minutes.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:4.83, Inflammation Score:-9, Nutrition Score:37.856956533764%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol:

0.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 638.82kcal (31.94%), Fat: 37.09g (57.07%), Saturated Fat: 5.69g (35.55%), Carbohydrates: 21.38g (7.13%), Net Carbohydrates: 15.74g (5.72%), Sugar: 12.28g (13.64%), Cholesterol: 145.15mg (48.38%), Sodium: 3023.75mg (131.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.53g (117.06%), Vitamin B3: 30.29mg (151.43%), Vitamin B6: 2.16mg (107.86%), Selenium: 75.23µg (107.47%), Phosphorus: 658.61mg (65.86%), Vitamin E: 8.91mg (59.41%), Vitamin C: 48.4mg (58.66%), Potassium: 1774.29mg (50.69%), Manganese: 0.87mg (43.56%), Vitamin B5: 4.24mg (42.38%), Magnesium: 152.21mg (38.05%), Vitamin A: 1487.55IU (29.75%), Vitamin B2: 0.43mg (25.29%), Copper: 0.48mg (24.13%), Fiber: 5.64g (22.57%), Vitamin K: 23.17µg (22.07%), Iron: 3.49mg (19.4%), Vitamin B1: 0.28mg (18.45%), Zinc: 2.71mg (18.09%), Folate: 65.63µg (16.41%), Vitamin B12: 0.45µg (7.56%), Calcium: 68.67mg (6.87%), Vitamin D: 0.23µg (1.51%)