

Baked Peanut Chicken

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Servings: 4

2 - 3 boneless/ skinless chicken breast

1 can (13.5 ounce) coconut milk

1 box (3.5 ounce) peanut sauce mix, use both envelopes

Preparation Time: 5 minutes

Cook Time: 25 minutes

Preheat the oven to 350 degrees.

In a baking dish, mix the peanut sauce and coconut milk. Whisk until smooth.

Add the chicken, dredging both sides of the chicken in the peanut sauce.

Bake, uncovered, for 25 to 30 minutes or until done.

Spoon extra sauce over rice, potatoes or pasta.

Per Serving (excluding unknown items): 138 Calories; 14g Fat (87.3% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 0 Fruit; 3 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	138	Vitamin B6 (mg):	trace
% Calories from Fat:	87.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	9.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.7%	Riboflavin B2 (mg):	0mg
Total Fat (g):	14g	Folacin (mcg):	10mcg
Saturated Fat (g):	13g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	3g		

Food Exchanges

Dietary Fiber (g): 1g
Protein (g): 1g
Sodium (mg): 9mg
Potassium (mg): 158mg
Calcium (mg): 10mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 3
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 138 Calories from Fat: 120

% Daily Values*

Total Fat	14g	22%
	Saturated Fat 13g	63%
Cholesterol	0mg	0%
Sodium	9mg	0%
Total Carbohydrates	3g	1%
	Dietary Fiber 1g	5%
Protein	1g	

Vitamin A	0%
Vitamin C	3%
Calcium	1%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.