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## Chicken Thighs with Spicy Peanut Sauce

This recipe features tender chicken thighs coated in a spicy peanut sauce. It is a flavorful and satisfying dish that can be enjoyed for lunch or dinner.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

800 g	Chicken Thighs
100 g	peanut butter
60 ml	soy sauce
30 g	honey
3 cloves	garlic

15 g	Ginger
30 ml	lime juice
1 tsp	Red Pepper Flakes
1 tsp	Salt
30 ml	vegetable oil

## Directions

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### Step 1

Oven

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Mixing

In a bowl, combine the peanut butter, soy sauce, honey, minced garlic, grated ginger, lime juice, red pepper flakes, and salt. Mix well to make the spicy peanut sauce.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

## Baking

Place the chicken thighs on a baking sheet lined with parchment paper. Brush the chicken thighs with the spicy peanut sauce, coating them evenly.

**Prep Time:** 5 mins

**Cook Time:** 20 mins

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## Step 4

### Oven

Bake the chicken thighs in the preheated oven for 20-25 minutes, or until cooked through and the internal temperature reaches 165°F (74°C).

**Prep Time:** 0 mins

**Cook Time:** 25 mins

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## Step 5

### Resting

Remove the chicken thighs from the oven and let them rest for a few minutes. Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 330 kcal

**Fat:** 15 g

**Protein:** 38 g

**Carbohydrates:** 10 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	38 g	223.53%	223.53%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	15 g	53.57%	60%
Cholesterol	135 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	500 mg	14.71%	19.23%
Zinc	3 mg	27.27%	37.5%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Meal Type

Dinner Lunch

### Course

Main Dishes Snacks

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

### Nutritional Content

Low Fat Low Carb High Fiber Low Sodium Sugar-Free High Vitamin C  
High Iron High Calcium

### Kitchen Tools

Blender Mixer Oven Stove Microwave Grill Slow Cooker

### Difficulty Level

Easy

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