

Thai Chicken Peanut Noodles

Jennifer Fisher - Austin, TX
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Servings: 6

1/4 cup creamy peanut butter
1/2 cup reduced-sodium chicken broth
1/4 cup lemon juice
1/4 cup reduced-sodium soy sauce
4 teaspoons sriracha Asian hot chili sauce
1/4 teaspoon crushed red pepper flakes
12 ounces uncooked multigrain spaghetti
1 pound lean ground chicken
1 1/2 cups carrots, julienned
1 medium sweet red pepper, chopped
1 clove garlic, minced
1/2 cup unsalted peanuts, finely chopped
4 green onions, chopped

In a small bowl, whisk the peanut butter, chicken broth, lemon juice, soy sauce, chili sauce and red pepper flakes until blended.

Cook the spaghetti according to package directions and drain.

In a large skillet, cook the chicken, carrots, pepper and garlic over medium heat for 5 to 6 minutes or until the chicken is no longer pink, breaking up the chicken into crumbles. Drain.

Stir in the peanut butter mixture. Bring to a boil. Reduce the heat and simmer, uncovered, for 3 to 5 minutes or until the sauce is slightly thickened.

Serve the sauce with the spaghetti. Top each serving with chopped peanuts and green onions.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 32 Calories; trace Fat (3.0% calories from fat); 1g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 413mg Sodium. Exchanges: 1 1/2 Vegetable; 0 Fruit.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	32	Vitamin B6 (mg):	.1mg
% Calories from Fat:	3.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	81.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	15.3%	Riboflavin B2 (mg):	trace

Total Fat (g): trace
Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 7g
Dietary Fiber (g): 2g
Protein (g): 1g
Sodium (mg): 413mg
Potassium (mg): 203mg
Calcium (mg): 21mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 47mg
Vitamin A (i.u.): 10217IU
Vitamin A (r.e.): 1021 1/2RE

Folacin (mcg): 18mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 32 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	413mg	17%
Total Carbohydrates	7g	2%
	Dietary Fiber 2g	7%
Protein	1g	
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Vitamin A		204%
Vitamin C		79%
Calcium		2%
Iron		4%

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