

Low-Carb Recipe: Chicken Breast with Peanut Sauce



Nutrition Facts

Amount Per Serving

Calories	299 kcal
Protein	40.2g
Carbohydrate	8.2g
Fat	13.3g
Dietary Fiber	4.8g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 150g Chicken breast
- 50g Paprika
- 50g Zucchini
- 30g Onion
- 20g Peanut Butter
- Pepper
- Salt
- Paprika powder
- Curry powder

Preparation:

Cut paprika, zucchini and onion into pieces and roast it. Cut chicken breast and add it to the pan after 5 minutes. Flavor it with a bit of salt, pepper, paprika powder and curry powder. Roast it for another 10-12 minutes. In the end add some peanut butter and stir it. Enjoy your low-carb meal and stay fit!