



Graeme Thomas Online

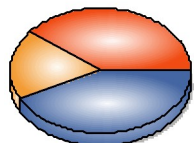
Because "Good Enough", Isn't!

<http://graemethomasonline.com>

Peanut Butter Stir Fry

Recipe grams: 1074.00g/37.9oz

Serves 4 268.50g/9.5oz per serving



Protein: 42%
 Carbohydrates: 18%
 Fat: 39%

INGREDIENTS

- 1/2 cup PEANUT BUTTER, LESS SALT
- 1 tbsp PANCAKE SYRUP, DIET, table blends, lower calorie
- 3 tbsp TOMATO CHILI SAUCE, LOW SALT, bottled
- 1 cup BROCCOLI, RAW, chopped
- 1 cup GREEN PEA, RAW
- 1 cup CARROT, RAW, chopped
- 3 breast CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY

DIRECTIONS

1. In a frying pan, heat 1 TSP of oil.
2. Chop chicken into bite-sized pieces and add to pan.
3. Cook until golden-brown on the outside.
4. Add vegetables to pan and cook.
5. In a cup, combine peanut butter, chili sauce and syrup.
6. Add 1/4-1/2 cup water (more if desired) and stir well.
7. Add peanut sauce to the pan, reduce heat and simmer for 10 minutes.

*you may need to adjust ingredients to achieved your preferred balance between chili and peanut butter

Nutrition Facts	
Serving Size: 1 serving (268.5g)	
Servings: 1	
Amount Per Serving	
Calories 490	Calories from Fat 190
% Daily Value*	
Total Fat 21g	30%
Saturated Fat 4.5g	20%
Trans Fat 0g	
Polyunsaturated Fat 6g	
Monounsaturated Fat 9g	
Cholesterol 110mg	35%
Sodium 200mg	8%
Total Carbohydrate 22g	8%
Dietary Fiber 6g	20%
Sugars 8g	
Protein 51g	
Vitamin A 120%	• Vitamin C 60%
Calcium 6%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.	