



Almond Chicken Satay

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



684 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup almond butter
- 14 ounce coconut milk canned
- 4 servings cilantro leaves fresh for garnish
- 1 tablespoon garlic finely chopped
- 2 tablespoons ginger finely chopped
- 4 servings kosher salt and ground pepper black finely
- 2 tablespoons juice of lime
- 1 chile fresh red hot thinly sliced

- 6 ounces vermicelli rice noodles
- 2 chicken breasts boneless skinless cut into 3/4-inch pieces
- 12 ounces snap peas
- 2 tablespoons vegetable oil

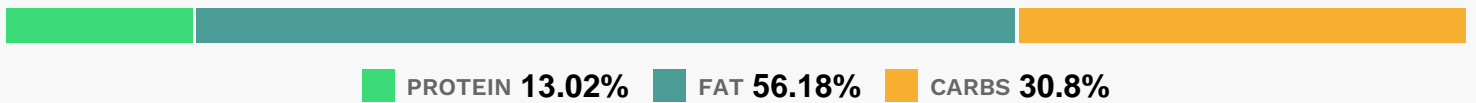
Equipment

- frying pan
- tongs

Directions

- Plunge the noodles in hot very hot tap water and let soften for 15 minutes, then drain.
- In the meantime, heat the oil in a large skillet over medium-high heat until hot.
- Sprinkle the chicken with 1 teaspoon salt and 3/4 teaspoon pepper, and then add to the skillet. Cook, turning occasionally with tongs, until browned on all sides, about 6 minutes. Stir in the ginger and garlic and cook until very fragrant, 1 to 2 minutes. Stir in the coconut milk, almond butter, 1/4 cup water and 1/2 teaspoon salt, and bring to a simmer. Stir in the snap peas and cook until the peas are bright green, about 3 minutes. Stir in the lime juice and season with salt and pepper.
- Serve the chicken over the rice noodles, sprinkled with chile and cilantro.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:20.79, Inflammation Score:-9, Nutrition Score:30.254347790842%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 683.59kcal (34.18%), Fat: 43.94g (67.61%), Saturated Fat: 23.27g (145.45%), Carbohydrates: 54.21g (18.07%), Net Carbohydrates: 46.65g (16.96%), Sugar: 8.44g (9.38%), Cholesterol: 36.16mg (12.05%), Sodium: 164.7mg (7.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.92g (45.85%), Manganese: 1.86mg (92.88%), Vitamin C: 73.73mg (89.37%), Selenium: 32.13µg (45.89%), Phosphorus: 444.19mg (44.42%), Vitamin E: 6.3mg (41.97%), Vitamin B3: 8.1mg (40.51%), Vitamin B6: 0.71mg (35.52%), Magnesium: 140.43mg (35.11%), Vitamin K: 36.11µg (34.39%), Copper: 0.61mg (30.31%), Fiber: 7.56g (30.24%), Iron: 4.82mg (26.78%), Potassium: 878.09mg (25.09%), Vitamin A: 1059.96IU (21.2%), Vitamin B2: 0.34mg (20.11%), Vitamin B5: 1.77mg (17.65%), Folate: 70.04µg (17.51%), Zinc: 2.29mg (15.3%), Vitamin B1: 0.23mg (15.09%), Calcium: 142.53mg (14.25%), Vitamin B12: 0.11µg (1.88%)