



Asian Chicken Skewers



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



6

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup dipping sauce sweet such as cilantro chutney, chili sauce or ponzu sauce prepared
- ☐ 1 tablespoon asian chili sauce such as sriracha hot
- ☐ 0.3 cup tightly cilantro leaves packed
- ☐ 1 ginger fresh chunk peeled roughly chopped
- ☐ 1 cloves garlic
- ☐ 6 servings kosher salt
- ☐ 1 tablespoon brown sugar light
- ☐ 1 small onion roughly chopped

- ☐ 1 pound chicken thighs boneless skinless cut into twelve 3 1/2 to 4-inch strips
- ☐ 2 teaspoons soya sauce
- ☐ 0.3 cup vegetable oil

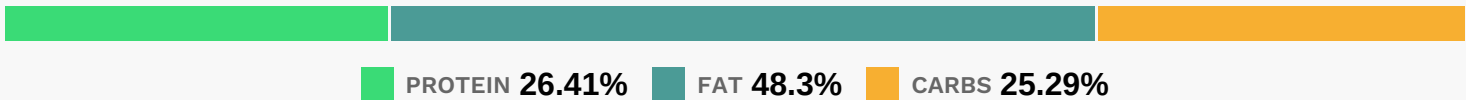
Equipment

- ☐ food processor
- ☐ blender
- ☐ baking pan
- ☐ grill
- ☐ skewers
- ☐ grill pan
- ☐ wooden skewers

Directions

- ☐ Special equipment: Twelve 6-inch wooden skewers, soaked in water 30 minutes
- ☐ Combine the cilantro, oil, chili sauce, sugar, soy sauce, garlic, ginger, onions and 1/2 teaspoon salt in a mini food processor or blender and process until smooth.
- ☐ Drain the skewers and thread a piece of chicken onto each skewer.
- ☐ Place the skewers in a large nonreactive baking dish and rub with the marinade mixture. Cover and marinate in the refrigerator 1 to 2 hours.
- ☐ Preheat a grill or grill pan over medium-high heat.
- ☐ Remove the skewers from the baking dish and discard the marinade. Cook the chicken, turning once, until well charred and cooked through, 4 to 6 minutes per side.
- ☐ Serve with your favorite dipping sauce.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:7.6295651145603%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 231.63kcal (11.58%), Fat: 12.35g (19.01%), Saturated Fat: 2.17g (13.58%), Carbohydrates: 14.55g (4.85%), Net Carbohydrates: 14.1g (5.13%), Sugar: 12.99g (14.43%), Cholesterol: 71.82mg (23.94%), Sodium: 620.36mg (26.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.2g (30.4%), Selenium: 17.3µg (24.71%), Vitamin B3: 4.38mg (21.88%), Vitamin K: 21.15µg (20.14%), Vitamin B6: 0.37mg (18.41%), Phosphorus: 150.21mg (15.02%), Vitamin B5: 0.94mg (9.41%), Vitamin B2: 0.14mg (8.46%), Vitamin B12: 0.48µg (8.06%), Zinc: 1.2mg (7.97%), Potassium: 228.76mg (6.54%), Vitamin E: 0.95mg (6.33%), Vitamin B1: 0.08mg (5.24%), Magnesium: 20.64mg (5.16%), Iron: 0.74mg (4.12%), Copper: 0.06mg (2.98%), Manganese: 0.05mg (2.64%), Vitamin C: 1.66mg (2.01%), Fiber: 0.45g (1.82%), Vitamin A: 80.41IU (1.61%), Folate: 6.4µg (1.6%), Calcium: 13.71mg (1.37%)