



 19%
HEALTH SCORE

Baked Chicken Thighs with Satay Sauce and Tomato Salad

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



450 kcal

SIDE DISH

Ingredients

- 4 pieces strips.
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- 3 servings salt and pepper to taste
- 1 tbsp ground pepper
- 0.3 cup soy sauce light
- 1 tbsp apple cider vinegar
- 2 tbsp peanut butter

- 1 tbsp sesame oil
- 3 servings satay sauce
- 0.3 cup walnuts shelled
- 1 tsp ginger minced
- 1 tbsp garlic minced
- 0.8 cup water
- 2 tbsp creamy peanut butter
- 4 tbsp honey
- 3 servings tomatoes
- 2 medium tomatoes diced
- 0.5 tbsp celery leaves chopped
- 1.5 tbsp mirin
- 1 tbsp olive oil

Equipment

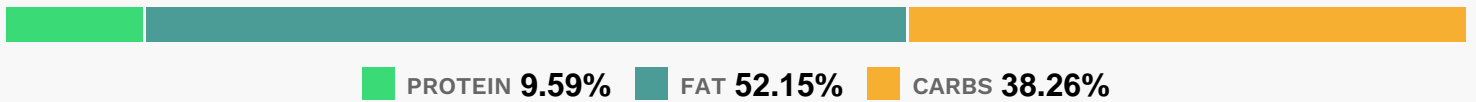
- bowl
- frying pan
- oven
- baking pan
- aluminum foil

Directions

- Mix all marinade ingredients together and evenly coat the chicken. Allow the chicken to rest for at least 15 minutes or preferably overnight.
- Arrange the fillets on a baking rack over a baking pan. Cover the pan with foil and bake on high at 180 C for 45 minutes to one hour.
- Grind the walnuts and the ginger until finely ground but not powdery.
- Heat the sesame oil in a medium sized pan on high.
- Add the garlic and allow it to toast.

- Add the ground walnuts and toast it for a few seconds.
- Add the soy sauce and the water.
- Lower the heat and stir.
- Add the peanut butter, honey and vinegar and stir until slightly reduced.
- Adjust the taste to your preference, adding more of a component if desired.
- When done, remove from heat and place the sauce in a serving bowl.
- Make the tomato salad: combine all the ingredients in a small bowl and mix well. Allow to rest until ready to serve.
- When the juices of the chicken run clear, remove from the oven and place 2-3 chicken fillets on a plate, top it with the satay sauce (be generous) and add the tomato salad on the side. Enjoy.

Nutrition Facts



Properties

Glycemic Index:113.42, Glycemic Load:15.97, Inflammation Score:-9, Nutrition Score:20.39652173913%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Naringenin: 1.78mg, Naringenin: 1.78mg, Naringenin: 1.78mg, Naringenin: 1.78mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Taste

Sweetness: 100%, Saltiness: 38.77%, Sourness: 87.32%, Bitterness: 36.06%, Savoriness: 24.65%, Fattiness: 52.28%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 450.01kcal (22.5%), Fat: 28.05g (43.15%), Saturated Fat: 4.32g (26.98%), Carbohydrates: 46.3g (15.43%), Net Carbohydrates: 40.68g (14.79%), Sugar: 35.15g (39.06%), Cholesterol: 2.61mg (0.87%), Sodium: 1467.22mg (63.79%), Alcohol: 0.85g (4.72%), Protein: 11.61g (23.21%), Vitamin A: 2932.9IU (58.66%), Manganese: 1.16mg (58.02%), Vitamin C: 38.45mg (46.61%), Vitamin E: 4.71mg (31.38%), Vitamin B3: 5.61mg (28.05%), Potassium: 904.43mg (25.84%), Vitamin K: 26.71µg (25.44%), Vitamin B6: 0.49mg (24.52%), Magnesium: 93.83mg (23.46%), Copper: 0.46mg (23.18%), Fiber: 5.62g (22.48%), Phosphorus: 209.87mg (20.99%), Folate: 74.23µg (18.56%),

Vitamin B1: 0.18mg (12.32%), Iron: 2.19mg (12.14%), Zinc: 1.56mg (10.37%), Vitamin B2: 0.17mg (9.97%), Vitamin B5: 0.66mg (6.57%), Calcium: 62.79mg (6.28%), Selenium: 2.78µg (3.98%)