



Chicken-and-Bacon Satay

 Dairy Free

READY IN



95 min.

SERVINGS



40

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 bacon fully-cooked cut in half crosswise
- ☐ 1 lb skinned and boned chicken thighs
- ☐ 1 tablespoon ginger fresh grated
- ☐ 40 servings garnish: green onions thinly sliced
- ☐ 2 tablespoons brown sugar light
- ☐ 40 servings satay sauce
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 0.3 cup sake

- ☐ 0.5 cup lite soy sauce
- ☐ 16 wooden skewers (4-inch)
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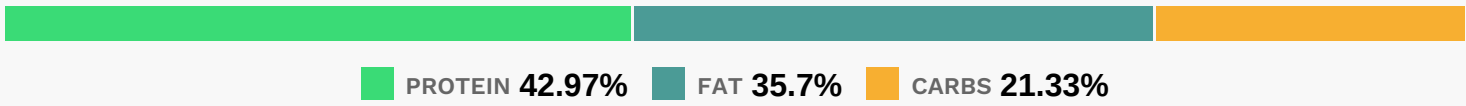
Equipment

- ☐ plastic wrap
- ☐ grill
- ☐ skewers
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place chicken between 2 sheets of plastic wrap, and flatten to 1/4-inch thickness using a rolling pin or flat side of a meat mallet.
- ☐ Cut chicken into 16 to 20 (1-inch) strips.
- ☐ Combine soy sauce and next 4 ingredients in a large zip-top plastic freezer bag; add chicken, turning to coat. Seal and chill 45 minutes, turning once.
- ☐ Meanwhile, soak skewers in water 30 minutes; drain.
- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Remove chicken from marinade; discard marinade. Thread 1 bacon piece and 1 chicken strip onto each skewer.
- ☐ Grill skewers, covered with grill lid, 4 to 5 minutes on each side or until chicken is done.
- ☐ Serve skewers with Peanut Sauce.

Nutrition Facts



Properties

Glycemic Index:1.55, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:2.1826087110068%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 32.46kcal (1.62%), Fat: 1.19g (1.83%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 1.6g (0.53%), Net Carbohydrates: 1.41g (0.51%), Sugar: 0.95g (1.06%), Cholesterol: 12.36mg (4.12%), Sodium: 214.68mg (9.33%), Alcohol: 0.32g (100%), Alcohol %: 1.59% (100%), Protein: 3.22g (6.43%), Vitamin K: 12.78µg (12.17%), Selenium: 3.47µg (4.96%), Vitamin B3: 0.95mg (4.76%), Vitamin B6: 0.07mg (3.48%), Phosphorus: 33.68mg (3.37%), Vitamin B2: 0.03mg (1.96%), Potassium: 60.99mg (1.74%), Zinc: 0.26mg (1.73%), Vitamin B5: 0.17mg (1.71%), Vitamin B1: 0.02mg (1.62%), Iron: 0.28mg (1.53%), Vitamin B12: 0.09µg (1.5%), Magnesium: 5.75mg (1.44%), Vitamin A: 70.55IU (1.41%), Vitamin C: 1.14mg (1.38%), Manganese: 0.03mg (1.37%), Folate: 4.85µg (1.21%)