



Chicken and Shrimp Saté

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



123 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 skinned and boned chicken breast halves cut into 3/4-inch strips
- ☐ 2 teaspoons curry powder
- ☐ 3 garlic cloves minced
- ☐ 1 pound shrimp unpeeled
- ☐ 0.5 cup juice of lemon fresh
- ☐ 8 servings peanut dipping sauce
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 cup soya sauce

☐ 3 tablespoons water

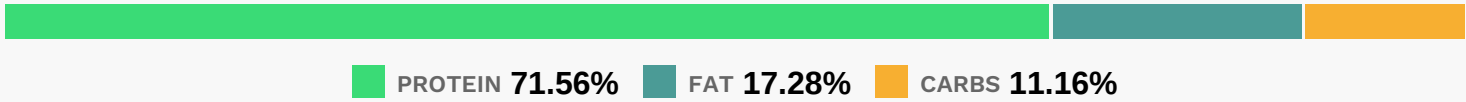
Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Peel shrimp, leaving tails on; devein, if desired.
- ☐ Place in a heavy-duty zip-top plastic bag.
- ☐ Place chicken strips in a separate heavy-duty zip-top Stir together garlic and next 5 ingredients; pour half of marinade over shrimp and half over chicken. Seal bags, and marinate in refrigerator 30 minutes.
- ☐ Soak 6-inch wooden skewers in warm water 30 minutes.
- ☐ Remove shrimp from marinade, discarding marinade. Thread shrimp onto skewers. Repeat with chicken.
- ☐ Grill chicken, covered with grill lid, over medium-high heat (350 to 400 degrees F) 5 to 7 minutes on each side.
- ☐ Add shrimp; cook 2 minutes on each side or until shrimp and chicken are done.
- ☐ Serve with Peanut Dipping Sauce.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:10.965652152248%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg,

Naringenin: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 122.98kcal (6.15%), Fat: 2.31g (3.55%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 3.35g (1.12%), Net Carbohydrates: 2.97g (1.08%), Sugar: 0.83g (0.93%), Cholesterol: 107.6mg (35.87%), Sodium: 1211.45mg (52.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.5g (42.99%), Selenium: 35.25µg (50.35%), Vitamin B3: 7.51mg (37.57%), Vitamin B6: 0.57mg (28.53%), Phosphorus: 280.73mg (28.07%), Vitamin B12: 0.74µg (12.37%), Vitamin B5: 1.06mg (10.64%), Potassium: 333.45mg (9.53%), Magnesium: 35.7mg (8.93%), Vitamin C: 6.99mg (8.47%), Manganese: 0.16mg (7.76%), Copper: 0.15mg (7.52%), Vitamin E: 0.99mg (6.61%), Zinc: 0.98mg (6.55%), Vitamin B2: 0.09mg (5.42%), Folate: 19.52µg (4.88%), Iron: 0.86mg (4.8%), Calcium: 42.41mg (4.24%), Vitamin B1: 0.06mg (4.22%), Vitamin A: 125.64IU (2.51%), Fiber: 0.38g (1.53%)