



Chicken Kabobs with Peanut Sauce

 Gluten Free  Dairy Free

READY IN



160 min.

SERVINGS



16

CALORIES



117 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb chicken breast whole bone-in
- 0.3 cup soya sauce
- 1 tablespoon vegetable oil
- 1 teaspoon brown sugar packed
- 0.3 teaspoon ground ginger
- 1 clove garlic crushed
- 1 tablespoon vegetable oil
- 0.3 cup onion finely chopped

- 0.3 cup peanut butter
- 0.3 cup water
- 1 tablespoon juice of lemon
- 0.3 teaspoon ground coriander
- 3 drops hot sauce red

Equipment

- bowl
- sauce pan
- oven
- skewers

Directions

- Remove skin and bones from chicken.
- Cut chicken into 3/4-inch pieces. (For easier cutting, partially freeze chicken about 1 hour.) In large glass bowl, mix chicken and remaining kabob ingredients. Cover and refrigerate at least 2 hours, stirring occasionally.
- Soak 14 to 16 bamboo skewers in water at least 30 minutes before using to prevent burning.
- In 1 1/2-quart saucepan, heat oil over medium heat. Cook onion in oil, stirring occasionally, until tender.
- Remove from heat. Stir in remaining sauce ingredients.
- Heat over low heat, stirring occasionally, just until blended (sauce will separate if overcooked).
- Set oven control to broil.
- Remove chicken from marinade; reserve marinade. Thread 4 or 5 chicken pieces on each skewer.
- Brush chicken with marinade.
- Broil chicken with tops about 4 inches from heat 4 to 5 minutes. Turn; brush with marinade. Broil 4 to 5 minutes longer or until chicken is no longer pink in center. Discard any remaining marinade.
- Serve chicken with sauce.

Nutrition Facts

PROTEIN 47.05% FAT 45.91% CARBS 7.04%

Properties

Glycemic Index:5.38, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:6.8913043983605%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 116.58kcal (5.83%), Fat: 5.93g (9.13%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 2.05g (0.68%), Net Carbohydrates: 1.69g (0.62%), Sugar: 1g (1.11%), Cholesterol: 36.29mg (12.1%), Sodium: 296.75mg (12.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.68g (27.36%), Vitamin B3: 6.78mg (33.91%), Selenium: 18.46µg (26.37%), Vitamin B6: 0.46mg (23.11%), Phosphorus: 143.3mg (14.33%), Vitamin B5: 0.88mg (8.85%), Potassium: 254.56mg (7.27%), Magnesium: 25.88mg (6.47%), Manganese: 0.12mg (6.16%), Vitamin E: 0.74mg (4.92%), Vitamin B2: 0.07mg (4.34%), Zinc: 0.49mg (3.27%), Vitamin B1: 0.05mg (3.18%), Vitamin K: 3.27µg (3.12%), Copper: 0.05mg (2.29%), Iron: 0.41mg (2.29%), Folate: 8.23µg (2.06%), Vitamin B12: 0.11µg (1.89%), Vitamin C: 1.43mg (1.74%), Fiber: 0.35g (1.42%)