



Chicken Satay

 Gluten Free  Dairy Free

READY IN



87 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons brown sugar
- 1 teaspoon coriander seeds toasted
- 1 tablespoon cumin seeds toasted
- 1 tablespoon sesame oil dark
- 0.3 cup dry-roasted peanuts unsalted
- 1 tablespoon ginger fresh grated peeled
- 2 garlic cloves
- 0.3 teaspoon ground turmeric

- 0.3 cup coconut milk light
- 2 tablespoons juice of lime fresh
- 0.5 teaspoon salt
- 1 serrano chile
- 1 shallots peeled
- 6 chicken thighs boneless skinless cut into 36 pieces

Equipment

- food processor
- grill
- ziploc bags
- skewers

Directions

- Combine first 7 ingredients in a food processor, and process until smooth.
- Add coconut milk and the next 4 ingredients (through serrano chile); process until smooth. Spoon peanut mixture into a large zip-top plastic bag.
- Add chicken to bag, and seal. Marinate in refrigerator for 1 hour, turning after 30 minutes.
- Preheat grill to medium-high.
- Remove chicken from bag, and discard marinade. Thread chicken evenly onto 12 (6-inch) skewers; sprinkle evenly with salt. Grill 6 minutes on each side or until chicken is done.
- Wine Match: The slightly floral-scented Pie de Palo, Viognier (Mendoza, Argentina, \$1
- is layered with unctuous ripe peach and provides a fierce backbone of bright orange acidity on which this fiery-sweet dish can hang its intricate flavors. --Alexander Spacher

Nutrition Facts

 **PROTEIN 39.77%**  **FAT 43.87%**  **CARBS 16.36%**

Properties

Glycemic Index:21.25, Glycemic Load:0.46, Inflammation Score:-8, Nutrition Score:17.73304337004%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 369.23kcal (18.46%), Fat: 18.02g (27.72%), Saturated Fat: 4.31g (26.95%), Carbohydrates: 15.12g (5.04%), Net Carbohydrates: 13.29g (4.83%), Sugar: 9.49g (10.54%), Cholesterol: 161.02mg (53.67%), Sodium: 514.91mg (22.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.74g (73.49%), Vitamin B3: 11.45mg (57.24%), Selenium: 39.86µg (56.94%), Vitamin B6: 0.85mg (42.56%), Phosphorus: 382.57mg (38.26%), Vitamin B5: 2.26mg (22.58%), Manganese: 0.44mg (22.05%), Zinc: 2.98mg (19.88%), Vitamin B2: 0.32mg (18.99%), Vitamin B12: 1.08µg (18.08%), Magnesium: 70.99mg (17.75%), Potassium: 605.53mg (17.3%), Iron: 2.96mg (16.44%), Vitamin B1: 0.21mg (14.12%), Copper: 0.22mg (10.82%), Fiber: 1.83g (7.31%), Folate: 25.86µg (6.46%), Calcium: 59.33mg (5.93%), Vitamin K: 5.79µg (5.51%), Vitamin C: 4.23mg (5.13%), Vitamin E: 0.44mg (2.95%), Vitamin A: 77.92IU (1.56%)