

Chicken Satay

 Gluten Free  Dairy Free

READY IN



19 min.

SERVINGS



4

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 1.5 pounds chicken breast tenders
- ☐ 2 tablespoons creamy peanut butter
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 teaspoons fish sauce
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 1 garlic clove minced
- ☐ 2 garlic cloves minced

- ☐ 1 tablespoon honey
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 3 tablespoons soya sauce low-sodium

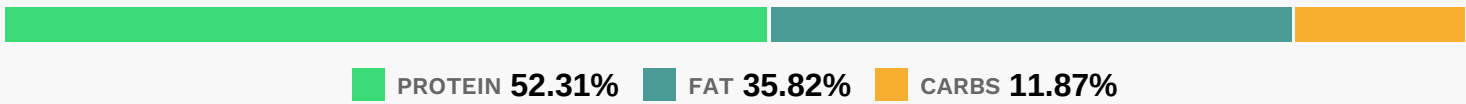
Equipment

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

Directions

- ☐ Soak 12 (6-inch) wooden skewers in water 30 minutes.
- ☐ . While skewers soak, combine first 7 ingredients in a large zip-top plastic bag; seal and gently shake bag to coat chicken. Marinate in refrigerator 15 minutes.
- ☐ Combine soy sauce and next 5 ingredients, stirring with a whisk.
- ☐ . Prepare grill.
- ☐ Remove chicken from bag; discard marinade. Thread each chicken tender onto a skewer.
- ☐ Place chicken on grill rack coated with cooking spray. Cover and grill 3 minutes on each side or until done.
- ☐ Serve chicken with peanut sauce.

Nutrition Facts



Properties

Glycemic Index:35.32, Glycemic Load:2.67, Inflammation Score:-5, Nutrition Score:19.725217202435%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 306.01kcal (15.3%), Fat: 12.1g (18.62%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 9.02g (3.01%), Net Carbohydrates: 8.32g (3.03%), Sugar: 5.58g (6.2%), Cholesterol: 108.86mg (36.29%), Sodium: 1048.12mg (45.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.76g (79.52%), Vitamin B3: 19.13mg (95.64%), Selenium: 55.54µg (79.34%), Vitamin B6: 1.39mg (69.32%), Phosphorus: 417.24mg (41.72%), Vitamin B5: 2.6mg (25.97%), Potassium: 771.3mg (22.04%), Magnesium: 76.19mg (19.05%), Vitamin B2: 0.23mg (13.77%), Manganese: 0.27mg (13.34%), Vitamin E: 1.85mg (12.36%), Zinc: 1.38mg (9.21%), Vitamin B1: 0.13mg (8.98%), Vitamin C: 6.19mg (7.5%), Iron: 1.12mg (6.24%), Folate: 23.68µg (5.92%), Vitamin B12: 0.35µg (5.91%), Copper: 0.1mg (5.21%), Vitamin K: 3.23µg (3.08%), Fiber: 0.7g (2.78%), Vitamin A: 131.34IU (2.63%), Calcium: 25.38mg (2.54%), Vitamin D: 0.17µg (1.13%)