



Chicken Satay



Gluten Free



Dairy Free



Popular

READY IN



160 min.

SERVINGS



12

CALORIES



96 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons creamy peanut butter
- ☐ 2 tablespoons curry powder
- ☐ 2 cloves garlic chopped
- ☐ 0.5 cup juice of lime
- ☐ 1 teaspoon pepper sauce hot
- ☐ 6 chicken breast halves boneless skinless cubed
- ☐ 0.5 cup soya sauce

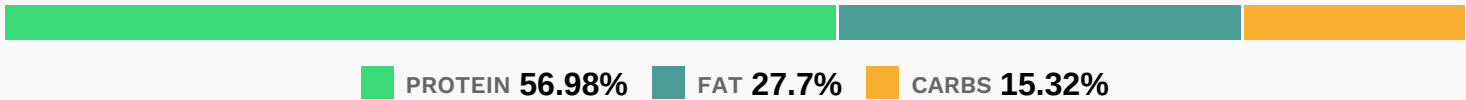
Equipment

- ☐ mixing bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ In a mixing bowl, combine peanut butter, soy sauce, lime juice, brown sugar, curry powder, garlic and hot pepper sauce.
- ☐ Place the chicken breasts in the marinade and refrigerate.
- ☐ Let the chicken marinate at least 2 hours, overnight is best.
- ☐ Preheat a grill to high heat.
- ☐ Weave the chicken onto skewers, then grill for 5 minutes per side.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:7.2586955350378%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 96.48kcal (4.82%), Fat: 2.98g (4.59%), Saturated Fat: 0.61g (3.84%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 3.13g (1.14%), Sugar: 1.62g (1.8%), Cholesterol: 36.16mg (12.05%), Sodium: 626.86mg (27.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.81g (27.63%), Vitamin B3: 6.68mg (33.42%), Selenium: 18.53µg (26.47%), Vitamin B6: 0.48mg (23.84%), Phosphorus: 146mg (14.6%), Vitamin B5: 0.89mg (8.87%), Potassium: 275.63mg (7.88%), Manganese: 0.15mg (7.48%), Magnesium: 26.64mg (6.66%), Vitamin C: 4.22mg (5.12%), Vitamin B2: 0.08mg (4.79%), Iron: 0.81mg (4.49%), Vitamin E: 0.59mg (3.95%), Vitamin B1: 0.05mg (3.45%), Zinc: 0.49mg (3.28%), Copper: 0.05mg (2.62%), Fiber: 0.59g (2.36%), Folate: 8.89µg (2.22%), Vitamin B12: 0.11µg

(1.88%), Calcium: 14.02mg (1.4%), Vitamin K: 1.2µg (1.14%)