



## Chicken Satay

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



85 min.

SERVINGS



25

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup bull's-eye original barbecue sauce
- 0.3 cup creamy peanut butter
- 2 Tbsp cilantro leaves fresh chopped
- 0.3 cup juice of lime fresh
- 1 lb chicken breasts boneless skinless cut into strips

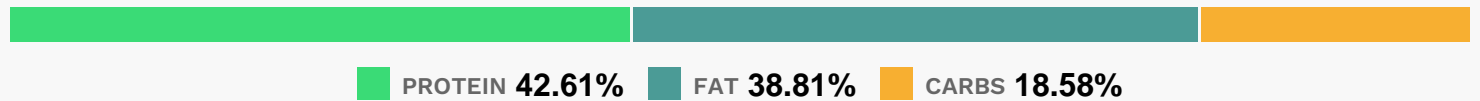
## Equipment

- grill
- skewers

## Directions

- Mix first 4 ingredients; pour over chicken in shallow glass dish. Refrigerate at least 1 hour to marinate, turning after 30 min.
- Heat grill to medium-high heat.
- Remove chicken from marinade; discard marinade. Thread chicken onto skewers.
- Grill 4 to 5 min. on each side or until chicken is done.

## Nutrition Facts



## Properties

Glycemic Index:1.84, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.3439130410552%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 41.62kcal (2.08%), Fat: 1.81g (2.78%), Saturated Fat: 0.36g (2.28%), Carbohydrates: 1.95g (0.65%), Net Carbohydrates: 1.79g (0.65%), Sugar: 1.26g (1.4%), Cholesterol: 11.61mg (3.87%), Sodium: 61.64mg (2.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.93%), Vitamin B3: 2.26mg (11.28%), Selenium: 5.95µg (8.5%), Vitamin B6: 0.15mg (7.52%), Phosphorus: 47.77mg (4.78%), Vitamin B5: 0.29mg (2.94%), Potassium: 91.32mg (2.61%), Magnesium: 9.65mg (2.41%), Manganese: 0.04mg (2.24%), Vitamin E: 0.3mg (1.99%), Vitamin B2: 0.03mg (1.48%), Zinc: 0.18mg (1.18%), Vitamin C: 0.97mg (1.18%), Vitamin B1: 0.02mg (1.1%)