



## Chicken Satay Bites

 Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup cilantro leaves fresh whole chopped
- 0.3 cup crunchy peanut butter
- 1 tablespoon ginger fresh peeled chopped
- 3 tablespoons juice of lime fresh
- 2 6-inch wholewheat pita breads with pockets, each cut into 8 wedges ( )
- 0.3 teaspoon salt
- 2 cups chicken (dark shredded with skin) cooked
- 0.5 teaspoon hot sauce

2 tablespoons vegetable oil

3 tablespoons water

## Equipment

food processor

baking sheet

oven

## Directions

Put oven rack in middle position and preheat oven to 400°F.

Tear each pita wedge at fold to form 2 triangles.

Brush rough sides of pita triangles with 1 tablespoon oil and toast on a baking sheet until crisp and golden, 8 to 10 minutes. Pulse peanut butter, chopped cilantro, lime juice, water, ginger, Tabasco, salt, and remaining tablespoon oil in a food processor until combined well but still slightly chunky. Toss chicken with peanut sauce and season with salt. Mound on pita toasts and top with cilantro leaves.

## Nutrition Facts

 **PROTEIN 30.53%** **FAT 62.29%** **CARBS 7.18%**

## Properties

Glycemic Index:4.5, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.2586956523035%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 34.73kcal (1.74%), Fat: 2.44g (3.76%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 0.63g (0.21%), Net Carbohydrates: 0.46g (0.17%), Sugar: 0.2g (0.22%), Cholesterol: 6.56mg (2.19%), Sodium: 36.7mg (1.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Vitamin B3: 0.97mg (4.86%), Selenium: 2.32µg (3.32%), Phosphorus: 23.63mg (2.36%), Vitamin B6: 0.05mg (2.27%), Manganese: 0.04mg (1.97%), Vitamin K: 1.97µg (1.88%), Vitamin E: 0.2mg (1.36%), Magnesium: 5.34mg (1.33%), Zinc: 0.19mg (1.28%), Vitamin B5: 0.11mg (1.11%), Potassium:

38.43mg (1.1%)