

Chicken Satay Bites

 Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cilantro plus 32 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 pita loaves with pockets, each cut into 8 wedges ()
- ☐ 0.3 teaspoon salt
- ☐ 2 cups meat from a rotisserie chicken dark shredded with skin) cooked
- ☐ 0.5 teaspoon tabasco

- ☐ 2 tablespoons vegetable oil
- ☐ 3 tablespoons water

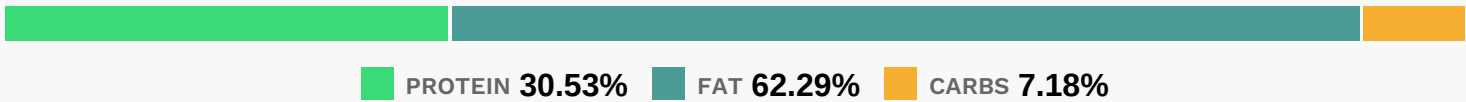
Equipment

- ☐ 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



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%)