



Chicken Satay Salad

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



389 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 medium carrots halved lengthwise thinly sliced
- 0.5 cucumber english cut into matchsticks
- 0.3 cup cilantro leaves fresh plus more for topping roughly chopped
- 4 servings kosher salt and pepper freshly ground
- 2 tablespoons juice of lime fresh
- 0.5 cup thai peanut sauce
- 1 bell pepper red thinly sliced
- 3 tablespoons roasted peanuts salted chopped

- 1 head romaine lettuce sliced
- 1 pound chicken breasts boneless skinless
- 3 tablespoons vegetable oil

Equipment

- bowl
- whisk
- grill
- grill pan

Directions

- Preheat a grill or grill pan to medium high. Slice the chicken breasts 1/2 inch thick and toss with 2 tablespoons peanut sauce, 1/2 tablespoon vegetable oil, 1/4 teaspoon salt, and pepper to taste in a bowl. Grill the chicken until just cooked through, about 2 minutes per side.
- Transfer to a plate.
- Whisk the remaining 5 tablespoons peanut sauce and 2 1/2 tablespoons vegetable oil, the lime juice and 2 tablespoons water in a large bowl.
- Add the lettuce, cucumber, carrot, bell pepper and cilantro and toss. Season with salt and pepper and divide among bowls. Top with the chicken, peanuts and more cilantro.
- Per serving: Calories 363; Fat 20 g (Saturated 2 g); Cholesterol 66 mg; Sodium 208 mg; Carbohydrate 15 g; Fiber 5 g; Protein 32 g
- Photograph by Andrew Purcell

Nutrition Facts

 PROTEIN 31.21%  FAT 49.7%  CARBS 19.09%

Properties

Glycemic Index:27.71, Glycemic Load:0.86, Inflammation Score:-10, Nutrition Score:32.300000211467%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 389.47kcal (19.47%), Fat: 21.63g (33.28%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 18.7g (6.23%), Net Carbohydrates: 13.45g (4.89%), Sugar: 9.81g (10.9%), Cholesterol: 72.57mg (24.19%), Sodium: 800.91mg (34.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.57g (61.14%), Vitamin A: 17254.91IU (345.1%), Vitamin K: 192.16µg (183.01%), Vitamin B3: 13.94mg (69.68%), Folate: 247.4µg (61.85%), Vitamin C: 50.17mg (60.81%), Vitamin B6: 1.11mg (55.57%), Selenium: 37.65µg (53.79%), Phosphorus: 337.71mg (33.77%), Potassium: 1045.05mg (29.86%), Manganese: 0.53mg (26.35%), Vitamin B5: 2.19mg (21.91%), Fiber: 5.25g (21%), Magnesium: 75.13mg (18.78%), Vitamin B1: 0.25mg (16.52%), Vitamin B2: 0.27mg (16.11%), Iron: 2.42mg (13.42%), Vitamin E: 1.88mg (12.51%), Copper: 0.19mg (9.35%), Zinc: 1.37mg (9.1%), Calcium: 79.77mg (7.98%), Vitamin B12: 0.23µg (3.78%)