



Chicken Satay Salad in Spicy Peanut Dressing



Dairy Free



Popular

READY IN



90 min.

SERVINGS



4

CALORIES



638 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 avocados peeled cut into bite sized pieces)
- ☐ 1 handful cilantro leaves chopped ()
- ☐ 1 small cucumber sliced ()
- ☐ 2 tablespoons fish sauce
- ☐ 4 green onions sliced ()
- ☐ 2 tablespoons juice of lime
- ☐ 0.3 cup satay sauce
- ☐ 2 tablespoons peanuts chopped (roasted and)

- ☐ 2 birds eye chilies sliced ()
- ☐ 4 cups salad greens
- ☐ 1 pound chicken breasts boneless skinless (and)
- ☐ 2 teaspoons sugar
- ☐ 1 batch thai satay marinade
- ☐ 2 tablespoons coconut milk unsweetened

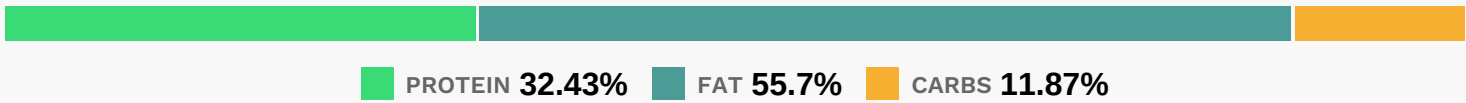
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Marinate the chicken in the Thai satay marinade in the fridge for 1 hour to overnight.Grill the chicken over med-high heat until cooked and slightly charred, about 3-5 minutes per side.
- ☐ Let the chicken rest for 5 minutes and then slice it thinly.
- ☐ Mix the salad greens, avocado, cucumber, green onion and cilantro in a large bowl.
- ☐ Mix the peanut sauce, coconut milk, lime juice, fish sauce, chili and sugar.Toss the salad and dressing.Divide the salad between four plates, top with the chicken and garnish with the chopped peanuts.

Nutrition Facts



Properties

Glycemic Index:68.34, Glycemic Load:2.45, Inflammation Score:-8, Nutrition Score:36.284347876259%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg 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

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 637.96kcal (31.9%), Fat: 40.17g (61.8%), Saturated Fat: 11.87g (74.19%), Carbohydrates: 19.27g (6.42%), Net Carbohydrates: 11.25g (4.09%), Sugar: 6.81g (7.56%), Cholesterol: 141.5mg (47.17%), Sodium: 1128.56mg (49.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.63g (105.27%), Vitamin B3: 20.49mg (102.45%), Selenium: 66.21µg (94.58%), Vitamin B6: 1.68mg (83.9%), Vitamin K: 54.28µg (51.69%), Phosphorus: 510.57mg (51.06%), Zinc: 7.48mg (49.88%), Potassium: 1462.64mg (41.79%), Vitamin B12: 2.15µg (35.76%), Folate: 136.57µg (34.14%), Vitamin B2: 0.57mg (33.45%), Vitamin B5: 3.29mg (32.92%), Vitamin C: 27mg (32.73%), Fiber: 8.02g (32.09%), Magnesium: 122.75mg (30.69%), Manganese: 0.5mg (24.75%), Copper: 0.44mg (22.1%), Iron: 3.85mg (21.39%), Vitamin B1: 0.31mg (20.64%), Vitamin A: 877.76IU (17.56%), Vitamin E: 2.43mg (16.18%), Calcium: 57.3mg (5.73%), Vitamin D: 0.23µg (1.51%)