



Chicken Satay Salad Sammies

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



490 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup apple juice
- 1 cup carrots shredded
- 1.5 pounds rotisserie chicken breast meat thin cut (cutlets)
- 4 servings coarse salt and pepper (recommended: Grill Mates Montreal Steak Seasoning by McCormick)
- 4 crusty rolls split
- 0.3 cucumber seedless thinly sliced lengthwise cut into sticks
- 2 cups hearts of romaine shredded
- 2 teaspoons hot sauce

- 1 juice of lime juiced
- 3 tablespoons chunky peanut butter
- 3 tablespoons soya sauce dark
- 2 tablespoons vegetable oil

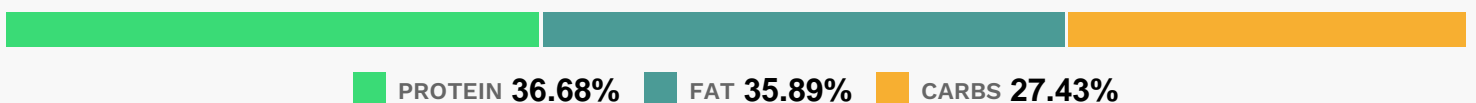
Equipment

- bowl
- frying pan
- knife
- whisk
- grill
- microwave
- grill pan

Directions

- Heat a grill pan or large nonstick skillet to medium high to high heat. Coat chicken in oil and grill seasoning and cook 3 minutes on each side in 2 batches. Pile up meat and shred it with a sharp knife.
- Place peanut butter in a medium, microwave safe bowl and soften in the microwave on high for 20 seconds.
- Whisk soy, apple juice, hot sauce and lime juice into peanut butter. Toss chicken with satay sauce.
- Combine shredded veggies.
- Place 1/4 of veggies on sandwich bottoms and top with 1/4 satay chicken mixture. Set the bun tops in place and serve or wrap for travel.

Nutrition Facts



Properties

Glycemic Index:29.15, Glycemic Load:2.11, Inflammation Score:-10, Nutrition Score:34.876956519873%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg 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: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 490.29kcal (24.51%), Fat: 19.59g (30.14%), Saturated Fat: 3.73g (23.32%), Carbohydrates: 33.67g (11.22%), Net Carbohydrates: 29.58g (10.75%), Sugar: 5.59g (6.21%), Cholesterol: 108.86mg (36.29%), Sodium: 1329.23mg (57.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.04g (90.08%), Vitamin A: 8612.02IU (172.24%), Vitamin B3: 22.27mg (111.37%), Selenium: 67.43µg (96.32%), Vitamin B6: 1.48mg (74.23%), Vitamin K: 74.06µg (70.53%), Phosphorus: 483.83mg (48.38%), Manganese: 0.78mg (38.82%), Folate: 128.13µg (32.03%), Vitamin B5: 3mg (30.02%), Potassium: 1034.55mg (29.56%), Vitamin B1: 0.42mg (28.1%), Magnesium: 95.78mg (23.94%), Vitamin B2: 0.4mg (23.57%), Iron: 3.56mg (19.8%), Fiber: 4.1g (16.4%), Vitamin E: 2.41mg (16.08%), Zinc: 2.01mg (13.38%), Vitamin C: 10.02mg (12.15%), Copper: 0.23mg (11.66%), Calcium: 104.02mg (10.4%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)