



## Chicken Satay with Peanut Dipping Sauce

 **Gluten Free**  **Dairy Free**

READY IN



120 min.

SERVINGS



8

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup coconut milk canned (not cream of coconut)
- 1 clove garlic finely chopped
- 1 tablespoon brown sugar packed
- 1 teaspoon ginger grated
- 1 teaspoon curry powder
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 2 lb chicken breast boneless skinless cut into 1-inch strips

- 1 serving bamboo skewers
- 1 serving lime wedges
- 1 tablespoon vegetable oil
- 1 small onion finely chopped
- 2 cloves garlic finely chopped
- 2 teaspoons ginger grated
- 0.5 cup creamy peanut butter
- 1 tablespoon sesame oil
- 0.5 cup coconut milk canned (not cream of coconut)
- 3 tablespoons juice of lime fresh
- 0.3 cup brown sugar packed
- 0.3 cup soya sauce
- 2 tablespoons cooking sherry
- 0.3 teaspoon pepper red crushed
- 0.5 cup cilantro leaves fresh chopped

## Equipment

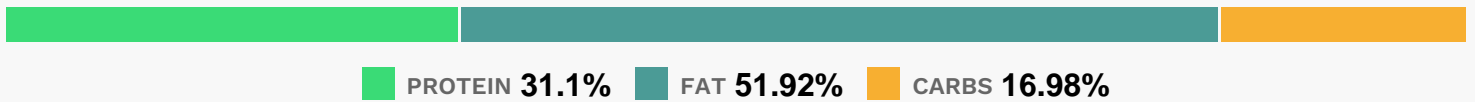
- bowl
- sauce pan
- grill
- skewers

## Directions

- In large bowl, stir together 1/2 cup coconut milk, 1 clove garlic, 1 tablespoon brown sugar, 1 teaspoon gingerroot, the curry powder, salt and pepper.
- Add chicken; stir to coat. Cover; refrigerate at least 1 hour to marinate, stirring occasionally. Meanwhile, soak skewers in water at least 30 minutes before using to prevent burning.
- In 2-quart saucepan, heat vegetable oil over medium heat. Cook onion in oil about 5 minutes, stirring frequently, until soft.

- Add 2 cloves garlic and 2 teaspoons gingerroot. Cook 1 minute longer, stirring constantly.
- Add remaining sauce ingredients except cilantro. Stir until sauce is smooth and thoroughly heated, about 3 minutes.
- Remove from heat; stir in cilantro.
- Pour into small bowl for dipping; set aside.
- Heat gas or charcoal grill.
- Remove chicken from marinade; discard any remaining marinade in bowl. Thread chicken strips on skewers.
- Place skewers on grill over medium heat. Cover grill; cook 8 to 10 minutes, turning once, until chicken is no longer pink in center.
- Serve chicken with lime wedges and dipping sauce.

## Nutrition Facts



### Properties

Glycemic Index:36.75, Glycemic Load:0.79, Inflammation Score:-5, Nutrition Score:17.327826302984%

### Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

### Nutrients (% of daily need)

Calories: 373.06kcal (18.65%), Fat: 21.85g (33.62%), Saturated Fat: 9.13g (57.04%), Carbohydrates: 16.08g (5.36%), Net Carbohydrates: 14.21g (5.17%), Sugar: 11.49g (12.77%), Cholesterol: 72.57mg (24.19%), Sodium: 760.48mg (33.06%), Alcohol: 0.39g (100%), Alcohol %: 0.24% (100%), Protein: 29.45g (58.89%), Vitamin B3: 14.56mg (72.8%), Selenium: 39.26µg (56.08%), Vitamin B6: 0.98mg (49.24%), Phosphorus: 340.33mg (34.03%), Manganese: 0.64mg (31.98%), Vitamin B5: 1.92mg (19.16%), Potassium: 657.77mg (18.79%), Magnesium: 75.01mg (18.75%), Vitamin E: 2.02mg (13.44%), Copper: 0.21mg (10.45%), Vitamin B2: 0.16mg (9.63%), Zinc: 1.36mg (9.08%), Iron: 1.6mg (8.87%), Vitamin B1: 0.12mg (7.77%), Fiber: 1.87g (7.49%), Vitamin K: 7.39µg (7.04%), Folate: 28.03µg (7.01%), Vitamin C: 5.26mg (6.38%), Vitamin B12: 0.23µg (3.78%), Calcium: 34.83mg (3.48%), Vitamin A: 126.35IU (2.53%)