



WHATSheATE



Chicken Satay with Peanut Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



205 min.

SERVINGS



8

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.5 cup coconut milk



0.5 teaspoon pepper red crushed



2 teaspoons curry powder



1 tablespoon fish sauce



1 tablespoon cilantro leaves fresh chopped



1 teaspoon ginger fresh grated



0.5 cup chicken broth low-sodium



0.3 teaspoon pepper

- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sesame oil
- ☐ 2 pounds chicken breast boneless skinless cut into 16 thin strips
- ☐ 0.5 cup smooth peanut butter
- ☐ 3 tablespoons soya sauce
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons sugar

Equipment

- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Whisk coconut milk, fish sauce, curry, sugar, cilantro, salt and pepper. Put chicken in a large ziplock bag; pour in marinade. Seal bag; rub marinade into chicken. Chill for 3 hours, turning bag occasionally.
- ☐ Combine soy sauce, vinegar, red pepper, sugar, ginger, sesame oil, peanut butter and broth in a pan and bring to a boil over medium heat, whisking until smooth, 2 to 3 minutes. Thin with more chicken broth, if desired.
- ☐ Remove from heat, let cool, cover and chill.
- ☐ Preheat grill to medium.
- ☐ Remove chicken from marinade; discard marinade. Thread each piece of chicken onto a metal or bamboo skewer. Grill for 5 to 7 minutes, turning once, until chicken is cooked through and no longer pink.
- ☐ Serve with sauce.

Nutrition Facts



 PROTEIN **39.42%**  FAT **49.03%**  CARBS **11.55%**

Properties

Glycemic Index:50.02, Glycemic Load:3.29, Inflammation Score:-4, Nutrition Score:15.533913021502%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 292.57kcal (14.63%), Fat: 16.14g (24.83%), Saturated Fat: 5.23g (32.72%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 7.49g (2.73%), Sugar: 5.43g (6.03%), Cholesterol: 72.57mg (24.19%), Sodium: 835.82mg (36.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.2g (58.4%), Vitamin B3: 14.62mg (73.09%), Selenium: 37.36µg (53.38%), Vitamin B6: 0.96mg (47.89%), Phosphorus: 322.2mg (32.22%), Manganese: 0.44mg (21.78%), Vitamin B5: 1.84mg (18.39%), Magnesium: 71.74mg (17.94%), Potassium: 587.51mg (16.79%), Vitamin E: 1.87mg (12.46%), Vitamin B2: 0.16mg (9.63%), Iron: 1.56mg (8.64%), Zinc: 1.22mg (8.15%), Copper: 0.16mg (7.75%), Vitamin B1: 0.1mg (6.93%), Folate: 23.62µg (5.9%), Fiber: 1.06g (4.24%), Vitamin B12: 0.25µg (4.21%), Calcium: 22.49mg (2.25%), Vitamin C: 1.6mg (1.94%), Vitamin A: 80IU (1.6%), Vitamin K: 1.4µg (1.34%)