



Chicken Satay with Peanut Sauce



Gluten Free



Dairy Free

READY IN



26 min.

SERVINGS



4

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup chives fresh minced
- ☐ 0.3 cup ginger fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup natural peanut butter
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1.5 lb chicken breast halves boneless skinless

- ☐ 0.5 cup soya sauce
- ☐ 0.3 cup coconut or shredded sweetened
- ☐ 3 tablespoons vegetable oil

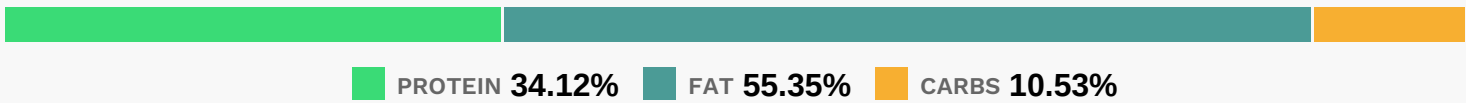
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ broiler
- ☐ skewers
- ☐ tongs

Directions

- ☐ Pound chicken breasts to 1/2 inch thick, then cut each lengthwise into 3 strips. Put in a bowl with ginger and garlic. Cook coconut in a small skillet over medium heat, stirring occasionally, until toasted, about 5 minutes.
- ☐ Let cool.
- ☐ In another bowl, whisk together peanut butter and soy sauce. Stir in oil, vinegar and crushed red pepper.
- ☐ Prepare grill or preheat broiler. Thread chicken strips onto bamboo skewers, and sprinkle with salt. Grill or broil skewers, turning occasionally with tongs, until firm and lightly charred, about 6 minutes.
- ☐ Transfer to plates and sprinkle with chives and toasted coconut.
- ☐ Serve with peanut sauce.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:1.36, Inflammation Score:-6, Nutrition Score:26.376956530239%

Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 543.01kcal (27.15%), Fat: 33.89g (52.13%), Saturated Fat: 8.17g (51.04%), Carbohydrates: 14.51g (4.84%), Net Carbohydrates: 12.07g (4.39%), Sugar: 7.34g (8.16%), Cholesterol: 108.86mg (36.29%), Sodium: 2124.2mg (92.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47g (94%), Vitamin B3: 23.32mg (116.59%), Selenium: 57.6µg (82.29%), Vitamin B6: 1.53mg (76.71%), Phosphorus: 519.9mg (51.99%), Manganese: 0.89mg (44.57%), Magnesium: 119.56mg (29.89%), Vitamin B5: 2.97mg (29.66%), Vitamin E: 4.2mg (28.01%), Potassium: 949.71mg (27.13%), Vitamin K: 26.48µg (25.22%), Vitamin B2: 0.29mg (16.86%), Zinc: 2.14mg (14.24%), Copper: 0.27mg (13.68%), Iron: 2.18mg (12.09%), Vitamin B1: 0.18mg (12.05%), Folate: 44.82µg (11.2%), Fiber: 2.44g (9.74%), Vitamin C: 4.9mg (5.94%), Vitamin B12: 0.34µg (5.67%), Vitamin A: 233.33IU (4.67%), Calcium: 39.28mg (3.93%), Vitamin D: 0.17µg (1.13%)