



## Chicken Satay with Spicy Peanut Sauce

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

READY IN



153 min.

SERVINGS



6

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon agave nectar
- 2 tablespoons agave nectar
- 0.5 teaspoon chili flakes
- 1 teaspoons chili-garlic sauce
- 0.3 cup cilantro leaves
- 2 tablespoons fish sauce
- 2 teaspoons fish sauce
- 1 tablespoon ginger fresh minced

- 4 garlic cloves minced
- 2 stalks lemongrass fresh thinly sliced
- 0.3 cup coconut milk light
- 0.3 cup juice of lime fresh
- 1 tablespoon juice of lime fresh
- 1 tablespoon soya sauce low-sodium
- 1 pound chicken breasts boneless skinless
- 3 tablespoons smooth peanut butter reduced-fat
- 6 ounces snap peas shredded
- 2 tablespoons vegetable oil plus more for grilling

## Equipment

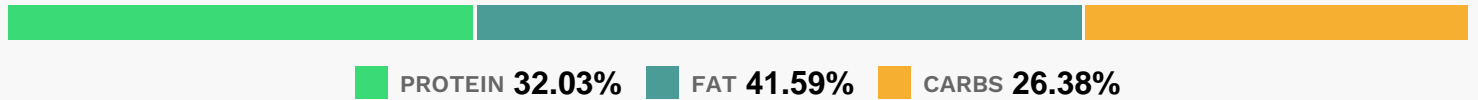
- bowl
- knife
- whisk
- plastic wrap
- baking pan
- grill
- skewers
- grill pan
- wooden skewers

## Directions

- Special equipment: 24 wooden skewers
- Whisk together fish sauce, lime juice, lemongrass, agave, soy sauce, ginger, chili flakes and garlic (makes 3/4 cup).
- Pour 1/2 cup marinade into a shallow baking dish; reserve the remaining 1/4 cup. Thinly slice chicken crosswise, with your knife slightly on the diagonal.

- Add the chicken to the marinade in the baking dish, cover with plastic wrap and refrigerate for 2 hours.
- Strain reserved marinade into a large bowl; whisk with the vegetable oil.
- Add the shredded cabbage, snap peas and cilantro; cover with plastic and refrigerate until ready to serve.
- Preheat a grill or grill pan to medium-high; soak about 24 skewers in water for 20 minutes. Thread chicken onto skewers. Lightly oil grill grates; sear or grill chicken in batches until cooked through, about 3 to 4 minutes per side. Toss slaw; serve with chicken and Spicy Peanut Sauce, if desired.
- Combine all ingredients in a bowl with 1 tablespoon water; whisk until smooth.

## Nutrition Facts



### Properties

Glycemic Index:20.17, Glycemic Load:1.61, Inflammation Score:-6, Nutrition Score:14.881739056629%

### Flavonoids

Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

### Nutrients (% of daily need)

Calories: 243.34kcal (12.17%), Fat: 11.33g (17.43%), Saturated Fat: 2.51g (15.69%), Carbohydrates: 16.16g (5.39%), Net Carbohydrates: 14.77g (5.37%), Sugar: 9.83g (10.93%), Cholesterol: 48.38mg (16.13%), Sodium: 899.54mg (39.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.63g (39.26%), Vitamin B3: 9.53mg (47.64%), Vitamin B6: 0.75mg (37.38%), Selenium: 26.02µg (37.17%), Vitamin C: 24.51mg (29.71%), Manganese: 0.53mg (26.68%), Phosphorus: 217.08mg (21.71%), Vitamin K: 20.32µg (19.35%), Magnesium: 61.35mg (15.34%), Vitamin B5: 1.43mg (14.3%), Potassium: 484.84mg (13.85%), Vitamin E: 1.58mg (10.53%), Vitamin B2: 0.16mg (9.16%), Iron: 1.62mg (8.99%), Folate: 35.87µg (8.97%), Vitamin A: 432.97IU (8.66%), Vitamin B1: 0.13mg (8.56%), Zinc: 0.92mg (6.1%), Copper: 0.11mg (5.56%), Fiber: 1.39g (5.55%), Calcium: 34.05mg (3.41%), Vitamin B12: 0.19µg (3.16%)