



Chicken Satay with Spicy Peanut Sauce

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

READY IN



110 min.

SERVINGS



30

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons ginger/garlic paste
- 1 tablespoon fish sauce
- 1.5 teaspoons kosher salt
- 1 tablespoon brown sugar light packed
- 1 tablespoon juice of lime freshly squeezed
- 0.3 cup natural butter extract (no salt or sugar added)
- 1 tablespoon curry paste red
- 0.8 cup coconut milk unsweetened

30 servings vegetable oil

Equipment

bowl

baking sheet

sauce pan

whisk

grill

skewers

Directions

Place the coconut milk, fish sauce, brown sugar, curry paste, and salt in a large bowl and whisk to combine; set aside.

Place everything but the lime juice in a small saucepan and whisk to combine. Bring to a simmer over medium heat, stirring occasionally, until the ingredients are evenly combined, about 3 minutes total.

Heat a gas or charcoal grill to medium-high (about 375°F to 425°F). Meanwhile, thread a single piece of chicken lengthwise onto each skewer and transfer to a baking sheet. When the grill is ready, rub the grates with a towel dipped in vegetable oil.

Place the skewers on the grill, close the cover, and cook until grill marks appear on the bottom, about 3 to 4 minutes. Flip the chicken, close the grill, and cook until grill marks appear on the second side and the chicken is cooked through, about 3 to 4 minutes more.

Transfer the skewers to a clean serving platter and serve with the cooled peanut sauce for dipping.

Nutrition Facts

PROTEIN 1.72% FAT 94.67% CARBS 3.61%

Properties

Glycemic Index:1, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.3565217899564%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 153.34kcal (7.67%), Fat: 16.57g (25.49%), Saturated Fat: 3.64g (22.74%), Carbohydrates: 1.42g (0.47%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.88g (0.98%), Cholesterol: 0mg (0%), Sodium: 164.83mg (7.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.35%), Vitamin K: 25.77µg (24.54%), Vitamin E: 1.35mg (9.01%), Manganese: 0.09mg (4.7%), Magnesium: 7.04mg (1.76%), Vitamin B3: 0.34mg (1.72%), Vitamin A: 79.1IU (1.58%), Phosphorus: 13.84mg (1.38%), Copper: 0.03mg (1.34%), Fiber: 0.27g (1.07%)