



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
- 2 pounds frangelico boneless skinless
- 8 inch frangelico for 30 minutes to avoid burning on the grill)
- 2 pounds frangelico boneless skinless
- 8 inch frangelico for 30 minutes to avoid burning on the grill (soak them in water)

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%)