



Chicken Satay with Spicy Peanut Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



24

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 0.3 cup creamy peanut butter reduced-fat
- ☐ 1 teaspoon ginger grated
- ☐ 2 medium bell pepper green cut into 1-inch squares
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 medium bell pepper red cut into 1-inch squares
- ☐ 1.3 lb chicken breast halves boneless skinless

- ☐ 2 tablespoons teriyaki sauce
- ☐ 6 inch frangelico
- ☐ 6 inch frangelico

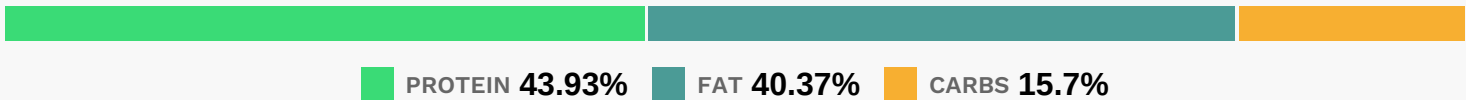
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Soak bamboo skewers in water for 30 minutes. Line 15x10x1-inch baking pan with foil.
- ☐ Meanwhile, heat oven to 425°F. In small saucepan, combine all sauce ingredients; mix well. Cook about 5 minutes or until blended, stirring frequently.
- ☐ Cut chicken diagonally into strips, about 3 inches long and 3/4 inch wide.
- ☐ On each bamboo skewer, thread 1 green pepper square, 1 red pepper square and 1 or 2 strips of chicken.
- ☐ Brush chicken mixture with 1/4 cup sauce.
- ☐ Place in foil-lined pan.
- ☐ Bake at 425°F. for 15 to 20 minutes or until chicken is no longer pink in center. Meanwhile, bring remaining sauce to a boil over medium heat, stirring constantly. Boil 1 minute.
- ☐ Serve chicken saté with warm sauce.

Nutrition Facts



Properties

Glycemic Index:4.29, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:5.0573912690515%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 54.8kcal (2.74%), Fat: 2.5g (3.85%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 1.63g (0.59%), Sugar: 1.28g (1.42%), Cholesterol: 15.22mg (5.07%), Sodium: 119.11mg (5.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.26%), Vitamin C: 21.16mg (25.65%), Vitamin B3: 3.12mg (15.59%), Vitamin B6: 0.25mg (12.32%), Selenium: 7.76µg (11.08%), Vitamin A: 363.35IU (7.27%), Phosphorus: 69mg (6.9%), Potassium: 151.65mg (4.33%), Vitamin B5: 0.42mg (4.2%), Manganese: 0.08mg (4.11%), Magnesium: 15.46mg (3.87%), Vitamin E: 0.57mg (3.83%), Vitamin B2: 0.05mg (2.7%), Folate: 9.79µg (2.45%), Fiber: 0.56g (2.24%), Vitamin B1: 0.03mg (2.19%), Zinc: 0.27mg (1.81%), Copper: 0.03mg (1.62%), Iron: 0.26mg (1.43%), Vitamin K: 1.3µg (1.24%)