



Chicken Satay With Spicy Peanut Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound chicken breast tenders boneless skinless (15 pieces)
- ☐ 3 tablespoons creamy peanut butter
- ☐ 1 tablespoon curry powder
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 1 tablespoon garlic fresh minced
- ☐ 4 tablespoons juice of lime fresh divided
- ☐ 0.3 cup soya sauce low-sodium divided

- ☐ 1 teaspoon sriracha hot (chile sauce)
- ☐ 12 inch wooden skewers
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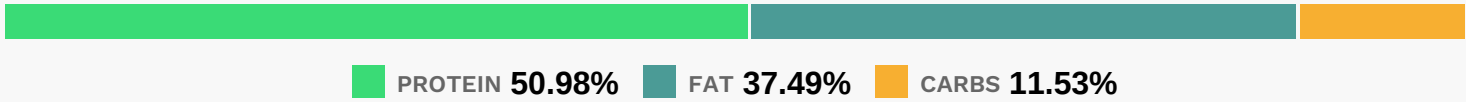
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ broiler
- ☐ skewers

Directions

- ☐ Place chicken, 3 tablespoons lime juice, 2 tablespoons soy sauce, and curry powder in a zip-top bag. Seal bag and refrigerate 1 hour.
- ☐ Whisk together remaining lime juice and soy sauce with peanut butter and next 3 ingredients. Set aside.
- ☐ Arrange rack in the center of the oven and preheat broiler to high.
- ☐ Remove chicken from marinade; discard marinade. Thread chicken on skewers; arrange on baking sheet.
- ☐ Broil chicken 45 minutes, until cooked through.
- ☐ Sprinkle with cilantro; serve with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:4.1143478692874%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.02mg, Naringenin: 0.02mg,

Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 59.24kcal (2.96%), Fat: 2.49g (3.84%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.38g (0.5%), Sugar: 0.45g (0.5%), Cholesterol: 19.35mg (6.45%), Sodium: 209.26mg (9.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.26%), Vitamin B3: 3.65mg (18.27%), Selenium: 9.98µg (14.25%), Vitamin B6: 0.26mg (13.05%), Phosphorus: 84.27mg (8.43%), Vitamin B5: 0.49mg (4.87%), Manganese: 0.1mg (4.84%), Potassium: 158.96mg (4.54%), Magnesium: 17.75mg (4.44%), Vitamin E: 0.46mg (3.1%), Vitamin B2: 0.05mg (2.89%), Vitamin C: 1.99mg (2.41%), Zinc: 0.32mg (2.11%), Iron: 0.36mg (1.99%), Vitamin B1: 0.03mg (1.91%), Folate: 6.91µg (1.73%), Copper: 0.03mg (1.5%), Fiber: 0.35g (1.39%), Vitamin B12: 0.06µg (1.01%)