



## Chicken Sate

 Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



10

CALORIES



94 kcal

SIDE DISH

### Ingredients

- 1 cup chicken broth divided
- 2 tsp cornstarch
- 1 clove garlic minced
- 1 Tbsp gingerroot minced peeled
- 0.5 tsp ground cumin
- 0.5 tsp ground turmeric
- 2 Tbsp brown sugar light
- 0.5 cup onions chopped

- 0.3 cup planters roasted peanuts dry chopped
- 1 lb chicken breasts boneless skinless cut into 1/2-inch strips
- 0.3 cup soya sauce

## Equipment

- bowl
- sauce pan
- broiler
- ziploc bags
- broiler pan
- wooden skewers

## Directions

- Mix 1/2 cup chicken broth, the onions, soy sauce, garlic, ginger, cumin and turmeric.
- Place chicken in non-metal bowl or large resealable plastic bag.
- Add one half of the broth mixture; stir to coat. Cover bowl or seal bag.
- Refrigerate at least 1-1/2 hours to marinate. When ready to serve, preheat broiler.
- Drain chicken; discard marinade. Thread chicken onto wooden skewers.
- Place on rack of broiler pan.
- Broil 8 to 10 min. or until cooked through, turning occasionally. Meanwhile, mix remaining marinade mixture, remaining 1/2 cup broth, the peanuts, sugar and cornstarch in saucepan. Cook on medium-high heat until mixture comes to boil and is thickened, stirring occasionally.
- Serve with sate.

## Nutrition Facts



## Properties

Glycemic Index:9.7, Glycemic Load:0.26, Inflammation Score:-7, Nutrition Score:5.9147825765869%

## Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

## **Nutrients (% of daily need)**

Calories: 94.23kcal (4.71%), Fat: 3.14g (4.83%), Saturated Fat: 0.56g (3.5%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 4.48g (1.63%), Sugar: 3.07g (3.41%), Cholesterol: 29.5mg (9.83%), Sodium: 480.54mg (20.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.45g (22.91%), Vitamin B3: 5.58mg (27.91%), Selenium: 15.14µg (21.63%), Vitamin B6: 0.39mg (19.33%), Phosphorus: 121.31mg (12.13%), Manganese: 0.16mg (7.77%), Vitamin B5: 0.74mg (7.39%), Potassium: 231.69mg (6.62%), Magnesium: 23.01mg (5.75%), Vitamin B2: 0.08mg (4.63%), Vitamin B1: 0.05mg (3.22%), Iron: 0.54mg (2.99%), Zinc: 0.44mg (2.92%), Copper: 0.05mg (2.41%), Fiber: 0.56g (2.22%), Folate: 8.18µg (2.04%), Vitamin E: 0.29mg (1.94%), Vitamin B12: 0.1µg (1.59%), Vitamin C: 1.3mg (1.58%), Calcium: 12.17mg (1.22%)