



## Chicken Sate with Spicy Peanut Dipping Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 inch bamboo skewers for 20 minutes
- 1 tablespoon brown sugar
- 1.5 tablespoons brown sugar
- 1 pound chicken breast pounded slightly boneless skinless cut into 1-inch strips
- 0.5 teaspoon chili flakes
- 0.5 cup natural creamy peanut butter
- 2 tablespoons cilantro leaves fresh minced
- 1 tablespoon ginger fresh minced

- 1.5 tablespoons ginger fresh minced
- 1 clove garlic minced
- 1 teaspoon garlic minced
- 2 tablespoons juice of lime
- 0.5 teaspoon lime zest
- 0.5 cup lite coconut milk
- 0.3 cup chicken broth low-sodium
- 0.5 cup chicken stock see low-sodium
- 2 tablespoons soya sauce low-sodium
- 3 tablespoons soya sauce low-sodium
- 0.8 cup spicy peanut dipping sauce
- 0.3 cup peanuts toasted chopped
- 1 teaspoon curry paste red
- 1 shallots peeled roughly chopped
- 1 shallots sliced thin
- 1.5 teaspoons thai fish sauce low sodium (or 2 additional teaspoons soy sauce)

## Equipment

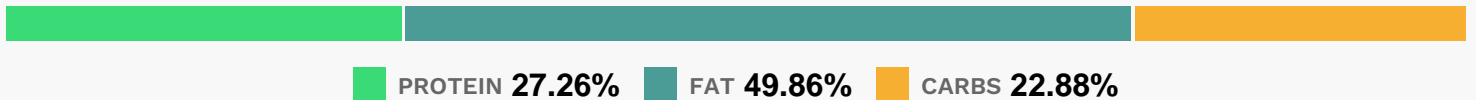
- bowl
- frying pan
- whisk
- grill
- skewers
- grill pan

## Directions

- Watch how to make this recipe.
- In a medium sized bowl, whisk together the chicken stock, coconut milk, soy sauce, shallot, garlic, fish sauce, brown sugar, lime zest, and ginger.

- Add the chicken strips and marinate for 1 hour.
- Remove the chicken from the marinade and discard the marinade.
- Spray a nonstick grill pan with cooking spray and preheat over a medium-high flame. While pan is heating, thread chicken onto skewers. Grill 2 to 3 minutes per side, until meat is cooked through and has light grill marks.
- Serve chicken skewers with Peanut Dipping Sauce, and garnish with basil or cilantro and chopped peanuts.

## Nutrition Facts



### Properties

Glycemic Index:68.56, Glycemic Load:1.66, Inflammation Score:-7, Nutrition Score:22.800434884818%

### Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

### Nutrients (% of daily need)

Calories: 579.96kcal (29%), Fat: 32.4g (49.85%), Saturated Fat: 6.41g (40.08%), Carbohydrates: 33.45g (11.15%), Net Carbohydrates: 30.12g (10.95%), Sugar: 20.06g (22.29%), Cholesterol: 72.57mg (24.19%), Sodium: 1728.92mg (75.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.86g (79.73%), Vitamin B3: 18.55mg (92.76%), Vitamin B6: 1.15mg (57.55%), Selenium: 38.95µg (55.64%), Manganese: 0.91mg (45.71%), Phosphorus: 447.25mg (44.72%), Magnesium: 123.48mg (30.87%), Potassium: 879.32mg (25.12%), Vitamin E: 3.41mg (22.73%), Vitamin B5: 2.27mg (22.71%), Folate: 69.76µg (17.44%), Copper: 0.32mg (16.07%), Vitamin B2: 0.26mg (15.52%), Vitamin B1: 0.2mg (13.54%), Zinc: 2.02mg (13.49%), Fiber: 3.33g (13.34%), Iron: 2.08mg (11.56%), Vitamin C: 5.59mg (6.77%), Vitamin A: 323.69IU (6.47%), Calcium: 57.99mg (5.8%), Vitamin B12: 0.27µg (4.52%), Vitamin K: 1.38µg (1.32%)