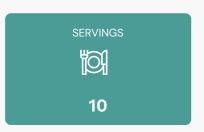


Chicken Sates

airy Free







SIDE DISH

Ingredients

2 tablespoons fish sauce
O.3 teaspoon pepper black
1 tablespoon t brown sugar dark packed
3 garlic clove finely chopped
10 servings satay sauce
1 tablespoon rice wine chinese
0.3 teaspoon salt

0.8 cup shallots finely chopped (3)

	1.5 lb chicken thighs boneless skinless trimmed cut into 1/2-inch-wide strips	
	2 tablespoons vegetable oil	
Equipment		
	grill	
	ziploc bags	
	skewers	
	grill pan	
Di	rections	
	Combine chicken with shallots, garlic, palm sugar, pepper, oil, fish sauce, rice wine, and salt in a sealable plastic bag and turn to coat chicken, then squeeze bag to eliminate as much air as possible and seal. Marinate chicken, chilled, at least 12 hours but no longer than 2	
	Thread each chicken strip lengthwise onto a skewer, keeping strip as straight as possible. Discard any remaining marinade.	
	Prepare grill for cooking over medium-hot charcoal (moderate heat for gas).	
	Grill skewers, turning over once, until chicken is cooked through, about 4 minutes total.	
	· If you aren't able to grill outdoors, satés can be cooked in a hot lightly oiled large (2 burner) well-seasoned ridged grill pan over moderately high heat. Chicken can be threaded onto skewers 1 day ahead and chilled, covered.	
Nutrition Facts		
	PROTEIN 43.9% FAT 40.49% CARBS 15.61%	
Properties Glycemic Index:9.2, Glycemic Load:0.81, Inflammation Score:-2, Nutrition Score:6.8026086610296%		
Flavonoids		
Myri	cetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg	

Nutrients (% of daily need)

Quercetin: 0.02mg, Quercetin: 0.02mg

Calories: 129.73kcal (6.49%), Fat: 5.68g (8.74%), Saturated Fat: 1.12g (7%), Carbohydrates: 4.93g (1.64%), Net Carbohydrates: 4.33g (1.57%), Sugar: 2.88g (3.2%), Cholesterol: 64.64mg (21.55%), Sodium: 418.07mg (18.18%), Alcohol: 0.24g (100%), Alcohol %: 0.32% (100%), Protein: 13.86g (27.72%), Selenium: 16.08µg (22.98%), Vitamin B3: 3.93mg (19.63%), Vitamin B6: 0.39mg (19.5%), Phosphorus: 139.73mg (13.97%), Vitamin B5: 0.88mg (8.8%), Vitamin B12: 0.45µg (7.55%), Zinc: 1.12mg (7.49%), Vitamin B2: 0.13mg (7.48%), Potassium: 242.59mg (6.93%), Vitamin K: 7.21µg (6.87%), Magnesium: 26.19mg (6.55%), Vitamin B1: 0.07mg (4.94%), Manganese: 0.09mg (4.67%), Iron: 0.82mg (4.54%), Copper: 0.06mg (2.98%), Folate: 10.64µg (2.66%), Fiber: 0.6g (2.4%), Vitamin E: 0.35mg (2.36%), Vitamin C: 1.72mg (2.08%), Calcium: 17.19mg (1.72%)