

Chicken Sates

 Dairy Free

READY IN



840 min.

SERVINGS



10

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons fish sauce
- ☐ 0.3 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

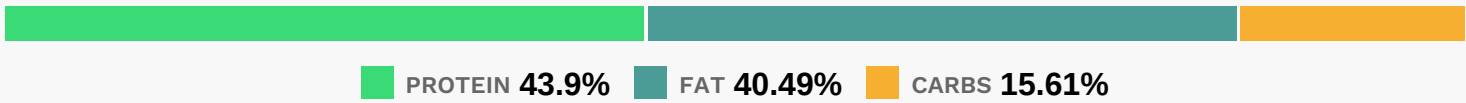
Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ skewers
- ☐ grill pan

Directions

- ☐ 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



Properties

Glycemic Index:9.2, Glycemic Load:0.81, Inflammation Score:-2, Nutrition Score:6.8026086610296%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

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%)