



## Chicken Skewers with Peanut Sauce

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



733 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 teaspoon allspice
- ☐ 0.5 teaspoon cayenne
- ☐ 2 pounds chicken tenderloins
- ☐ 1 tablespoon honey
- ☐ 1 juice of lime juiced
- ☐ 0.5 cup chicken stock see low-sodium
- ☐ 1 cup chunky peanut butter
- ☐ 1 teaspoon chili flakes red

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 tablespoon soya sauce
- ☐ 2 tablespoons vegetable oil

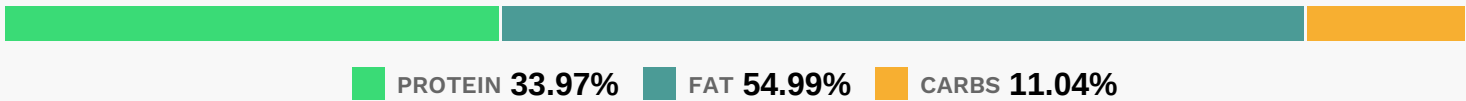
## Equipment

- ☐ sauce pan
- ☐ grill
- ☐ skewers

## Directions

- ☐ Watch how to make this recipe.
- ☐ Combine peanut butter, stock, lime juice, soy sauce, hot chili flakes, cayenne and honey in a small saucepan. Stir to combine and bring to a simmer over medium heat, stirring occasionally. When peanut butter has melted, season, to taste, with salt and pepper and remove from heat.
- ☐ Preheat grill.
- ☐ Skewer chicken tenders, brush both sides with oil and season with salt, pepper and allspice. Grill chicken until it is browned on both sides and cooked through, about 4 minutes per side.
- ☐ Serve with peanut sauce.

## Nutrition Facts



## Properties

Glycemic Index:40.07, Glycemic Load:3.94, Inflammation Score:-7, Nutrition Score:32.711738907773%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 732.75kcal (36.64%), Fat: 45.98g (70.74%), Saturated Fat: 8.93g (55.79%), Carbohydrates: 20.76g (6.92%), Net Carbohydrates: 17.21g (6.26%), Sugar: 11.39g (12.65%), Cholesterol: 145.15mg (48.38%), Sodium: 809.05mg (35.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.91g (127.82%), Vitamin B3: 32.93mg (164.64%), Selenium: 75.45µg (107.78%), Vitamin B6: 2.02mg (100.95%), Phosphorus: 713.84mg (71.38%), Manganese: 1.05mg (52.43%), Vitamin E: 7.15mg (47.64%), Magnesium: 172.74mg (43.19%), Vitamin B5: 3.95mg (39.51%), Potassium: 1270.67mg (36.3%), Vitamin B2: 0.38mg (22.13%), Zinc: 3.05mg (20.36%), Copper: 0.37mg (18.36%), Folate: 66.81µg (16.7%), Vitamin B1: 0.24mg (16.09%), Fiber: 3.55g (14.19%), Vitamin K: 14.09µg (13.42%), Iron: 2.31mg (12.81%), Vitamin B12: 0.48µg (8.05%), Vitamin A: 327.31IU (6.55%), Vitamin C: 5.39mg (6.53%), Calcium: 52.16mg (5.22%), Vitamin D: 0.23µg (1.51%)