



Chicken Skewers with Peanut Sauce

 Gluten Free  Dairy Free

READY IN



21 min.

SERVINGS



17

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon ginger fresh grated
- 1 clove garlic roughly chopped
- 2 tablespoons juice of lime
- 2 tablespoons soy sauce low-sodium
- 2 tablespoons olive oil
- 0.3 teaspoon pepper red crushed
- 17 servings salt and pepper
- 3 chicken breast halves boneless skinless cut lengthwise into 16 1/4-inch strips

- 0.5 cup creamy peanut butter
- 1 teaspoon sugar

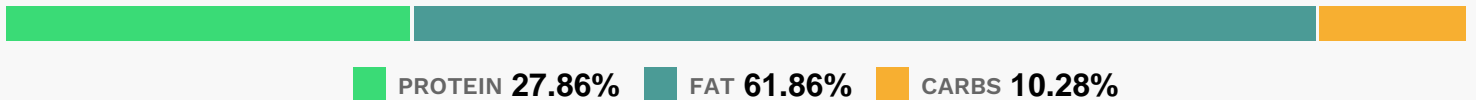
Equipment

- baking sheet
- blender
- grill
- skewers

Directions

- Blend peanut butter, garlic, ginger, lime juice, soy sauce, sugar, crushed red pepper and 1/3 cup water in a blender until smooth.
- Preheat grill to high. Thread chicken onto 16 skewers and place in 1 layer on a baking sheet.
- Brush both sides of chicken with oil; season with salt and pepper. Working in batches if necessary, grill chicken until cooked through, turning once, about 4 minutes total.
- Serve immediately, or at room temperature, with peanut sauce on the side.

Nutrition Facts



Properties

Glycemic Index:7.59, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:3.6539129951726%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 85.41kcal (4.27%), Fat: 6.05g (9.31%), Saturated Fat: 1.11g (6.93%), Carbohydrates: 2.26g (0.75%), Net Carbohydrates: 1.86g (0.68%), Sugar: 1.08g (1.2%), Cholesterol: 12.76mg (4.25%), Sodium: 317.83mg (13.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.27%), Vitamin B3: 3.12mg (15.59%), Selenium: 6.74µg (9.62%), Vitamin B6: 0.19mg (9.48%), Phosphorus: 71.35mg (7.14%), Vitamin E: 0.99mg (6.6%), Manganese: 0.13mg (6.33%), Magnesium: 19.57mg (4.89%), Vitamin B5: 0.37mg (3.74%), Potassium: 126.86mg (3.62%), Vitamin B2:

0.04mg (2.34%), Zinc: 0.33mg (2.19%), Folate: 8.35 μ g (2.09%), Copper: 0.04mg (1.99%), Vitamin B1: 0.02mg (1.66%), Fiber: 0.4g (1.6%), Iron: 0.25mg (1.4%), Vitamin K: 1.1 μ g (1.05%)