



Chicken skewers with satay dip



Gluten Free



Dairy Free



Low Fod Map

READY IN



22 min.

SERVINGS



15

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 220 g chicken breast mini
- ☐ 2 tbsp soya sauce
- ☐ 2 tbsp chilli sauce sweet
- ☐ 4 tbsp peanut butter
- ☐ 4 tbsp coconut milk
- ☐ 1 leaves cilantro leaves
- ☐ 15 servings peanuts chopped

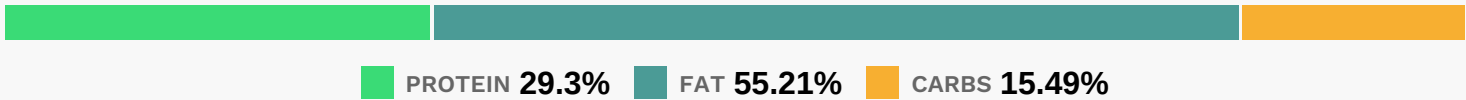
Equipment

- ☐ baking pan
- ☐ skewers

Directions

- ☐ Take the mini chicken fillets and slice any large ones into fingersize lengths.
- ☐ Mix with the soy and sweet chilli sauces. Thread onto skewers, then place on a baking tray lined with baking parchment, cover with cling film and freeze.
- ☐ To serve, defrost in the fridge overnight and cook at 200C/180C fan/gas 6 for 10–12 mins or until cooked through. For the dip, combine the peanut butter and coconut milk. Scatter the skewers with coriander leaves and chopped peanuts, if you like.
- ☐ Serve with the dip.

Nutrition Facts



Properties

Glycemic Index:11.48, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:2.8165217557031%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 61.9kcal (3.09%), Fat: 3.93g (6.04%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 2.48g (0.83%), Net Carbohydrates: 2.14g (0.78%), Sugar: 1.57g (1.75%), Cholesterol: 9.39mg (3.13%), Sodium: 192.82mg (8.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.38%), Vitamin B3: 2.38mg (11.89%), Selenium: 4.96µg (7.09%), Vitamin B6: 0.14mg (6.91%), Manganese: 0.13mg (6.71%), Phosphorus: 56.14mg (5.61%), Magnesium: 15.72mg (3.93%), Vitamin B5: 0.29mg (2.87%), Potassium: 100.01mg (2.86%), Vitamin E: 0.42mg (2.79%), Copper: 0.04mg (2.16%), Iron: 0.36mg (1.99%), Folate: 7.69µg (1.92%), Zinc: 0.25mg (1.65%), Vitamin B2: 0.03mg (1.64%), Vitamin B1: 0.02mg (1.62%), Fiber: 0.33g (1.34%)