



## Chicken with Asian Peanut Sauce

 Dairy Free

READY IN



50 min.

SERVINGS



50

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup lite asian sesame dressing toasted kraft
- 0.3 cup creamy peanut butter
- 1 green onion thinly sliced
- 1 Tbsp planters roasted peanuts dry chopped
- 1 lb chicken breasts boneless skinless cut into thin strips
- 1 tsp sriracha sauce hot ( chili sauce)

## Equipment

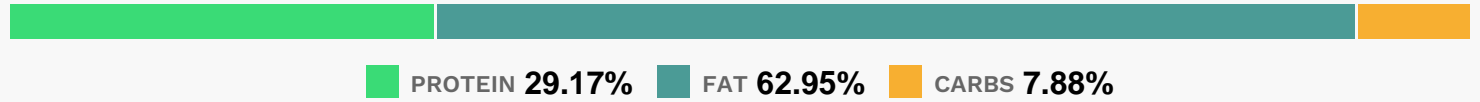
- grill

skewers

## Directions

- Mix first 3 ingredients until blended.
- Combine 1/4 cup peanut sauce with chicken. Refrigerate 30 min. to marinate.
- Heat grill to medium-high heat.
- Remove chicken from marinade; discard marinade. Thread chicken onto 8 skewers.
- Grill 5 to 7 min. or until chicken is done, turning after 4 min.; place on platter.
- Sprinkle with nuts and onions.
- Serve with remaining peanut sauce.

## Nutrition Facts



## Properties

Glycemic Index:0.92, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.3804347801792%

## Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 32.95kcal (1.65%), Fat: 2.34g (3.61%), Saturated Fat: 0.4g (2.47%), Carbohydrates: 0.66g (0.22%), Net Carbohydrates: 0.53g (0.19%), Sugar: 0.41g (0.45%), Cholesterol: 5.81mg (1.94%), Sodium: 46.3mg (2.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.89%), Vitamin B3: 1.21mg (6.03%), Selenium: 3.03µg (4.33%), Vitamin B6: 0.08mg (3.84%), Phosphorus: 26.63mg (2.66%), Vitamin E: 0.31mg (2.07%), Vitamin K: 1.92µg (1.83%), Manganese: 0.03mg (1.56%), Vitamin B5: 0.15mg (1.51%), Magnesium: 5.67mg (1.42%), Potassium: 49.26mg (1.41%)