

Easy Chicken Satay



Gluten Free



Dairy Free



Popular

READY IN



165 min.

SERVINGS



10

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 0.8 cup chicken stock see
- ☐ 1 cup coconut milk
- ☐ 0.5 cup creamy peanut butter
- ☐ 1 tablespoon curry powder
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 tablespoons juice of lemon

- ☐ 10 servings salt to taste
- ☐ 0.8 pound chicken breast halves boneless skinless cut into 1 inch strips
- ☐ 1 teaspoon soya sauce

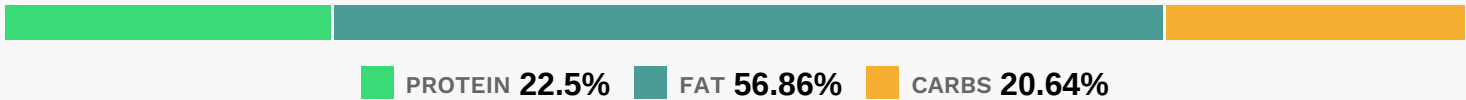
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Stir together 1/2 cup coconut milk, garlic, 1 teaspoon curry powder, brown sugar, salt, and pepper until the sugar has dissolved. Toss marinade with the chicken, cover, and marinate for at least 2 hours.
- ☐ Bring 1 cup coconut milk, 1 tablespoon curry powder, peanut butter, chicken stock, and 1/4 cup brown sugar to a simmer in a saucepan over medium-high heat. Simmer for 5 minutes, stirring constantly, until smooth and thickened.
- ☐ Remove from heat and stir in lime juice and soy sauce; season to taste with salt.
- ☐ Preheat a grill for medium-high heat.
- ☐ Thread marinated chicken onto skewers, then grill 4 to 5 minutes per side, or until cooked through.
- ☐ Serve with warm peanut sauce.

Nutrition Facts



Properties

Glycemic Index:19.3, Glycemic Load:0.98, Inflammation Score:-2, Nutrition Score:7.67652177098%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg,

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Nutrients (% of daily need)

Calories: 191.37kcal (9.57%), Fat: 12.6g (19.39%), Saturated Fat: 5.84g (36.53%), Carbohydrates: 10.3g (3.43%), Net Carbohydrates: 9.43g (3.43%), Sugar: 7.08g (7.87%), Cholesterol: 22.31mg (7.44%), Sodium: 352.74mg (15.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.22g (22.44%), Vitamin B3: 5.75mg (28.74%), Manganese: 0.42mg (20.93%), Vitamin B6: 0.35mg (17.26%), Selenium: 12.04µg (17.19%), Phosphorus: 145.68mg (14.57%), Magnesium: 44.45mg (11.11%), Vitamin E: 1.38mg (9.22%), Potassium: 290.75mg (8.31%), Iron: 1.38mg (7.68%), Vitamin B5: 0.67mg (6.73%), Copper: 0.13mg (6.73%), Zinc: 0.71mg (4.75%), Vitamin B2: 0.08mg (4.56%), Folate: 18.23µg (4.56%), Vitamin B1: 0.05mg (3.61%), Fiber: 0.86g (3.46%), Vitamin C: 1.99mg (2.42%), Calcium: 21.47mg (2.15%), Vitamin B12: 0.07µg (1.13%)