



Easy Chicken Skewers with Peanut Sauce

 **Gluten Free**  **Dairy Free**

READY IN



28 min.

SERVINGS



28

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup classic catalina dressing kraft
- 3 Tbsp creamy peanut butter
- 1 green onion chopped
- 2 Tbsp planters roasted peanuts dry chopped
- 1 lb chicken breasts boneless skinless cut lengthwise into strips
- 1 Tbsp soya sauce

Equipment

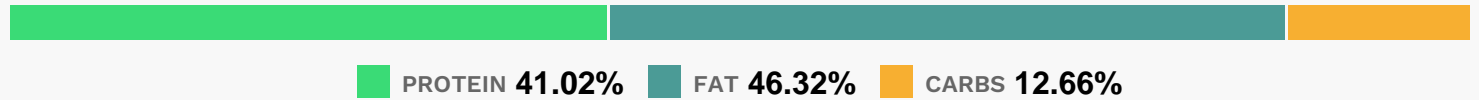
- bowl

- broiler
- skewers
- broiler pan

Directions

- Mix first 3 ingredients in large bowl until well blended.
- Add chicken; toss to coat. Refrigerate 10 min.
- Heat broiler.
- Remove chicken from marinade; discard marinade. Thread chicken onto 8 skewers.
- Place on rack of broiler pan.
- Broil, 6 inches from heat, 4 min. on each side or until chicken is done. Top with nuts and onions.

Nutrition Facts



Properties

Glycemic Index:2.18, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.0969565258078%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 39.98kcal (2%), Fat: 2.04g (3.15%), Saturated Fat: 0.39g (2.41%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 1.1g (0.4%), Sugar: 0.83g (0.92%), Cholesterol: 10.37mg (3.46%), Sodium: 92.62mg (4.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.15%), Vitamin B3: 2.05mg (10.24%), Selenium: 5.33µg (7.61%), Vitamin B6: 0.13mg (6.69%), Phosphorus: 43.42mg (4.34%), Vitamin B5: 0.26mg (2.62%), Manganese: 0.05mg (2.32%), Potassium: 76.68mg (2.19%), Magnesium: 8.72mg (2.18%), Vitamin E: 0.22mg (1.5%), Vitamin B2: 0.02mg (1.31%), Zinc: 0.16mg (1.08%)