



Grilled Chicken Satay with Cucumber Salad

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup satay sauce
- 4 chicken breast boneless skinless
- 0.3 teaspoon salt
- 3 cups cucumber seedless peeled thinly sliced
- 0.3 cup onion red halved thinly sliced
- 2 tablespoons vinegar white
- 1 teaspoon sugar
- 0.5 teaspoon salt

- 0.3 teaspoon pepper
- 2 tablespoons fruit cocktail coarsely chopped
- 2 tablespoons spring onion thinly sliced (2 medium)
- 0.8 cup satay sauce

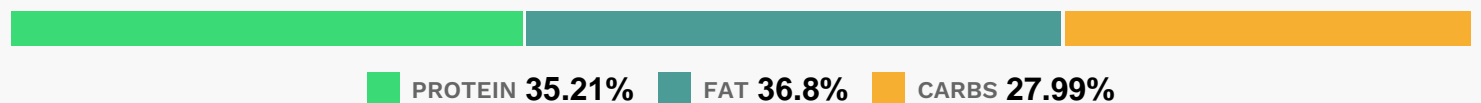
Equipment

- bowl
- grill
- skewers
- wooden skewers

Directions

- Soak 8 (10-inch) wooden skewers in water 30 minutes.
- Heat gas or charcoal grill.
- Place 1/2 cup peanut sauce in medium bowl; set aside.
- Cut chicken crosswise into 1/2-inch thick slices. Thoroughly coat chicken slices with sauce in bowl; sprinkle with 1/4 teaspoon salt. Cover and refrigerate 30 minutes.
- In another medium bowl, stir together cucumber salad ingredients; set aside.
- Remove chicken from bowl; discard peanut sauce. On each skewer, thread 4 to 5 chicken slices.
- Place skewers on grill over medium heat. Cover grill; cook 6 to 8 minutes, turning once, until chicken is no longer pink in center.
- To serve, divide cucumber salad among 4 serving plates. Top with chicken skewers and toppings.

Nutrition Facts



Properties

Glycemic Index:70.27, Glycemic Load:1.82, Inflammation Score:-4, Nutrition Score:13.608695465585%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 352.6kcal (17.63%), Fat: 13.55g (20.85%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 23.19g (7.73%), Net Carbohydrates: 22.08g (8.03%), Sugar: 17.09g (18.98%), Cholesterol: 72.32mg (24.11%), Sodium: 1614.52mg (70.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.17g (58.34%), Vitamin B3: 11.88mg (59.42%), Selenium: 36.43µg (52.05%), Vitamin B6: 0.92mg (45.96%), Phosphorus: 264.55mg (26.46%), Vitamin B5: 1.87mg (18.75%), Potassium: 590.02mg (16.86%), Vitamin K: 14.07µg (13.4%), Magnesium: 43.96mg (10.99%), Vitamin B2: 0.15mg (8.57%), Vitamin C: 6.24mg (7.56%), Vitamin B1: 0.11mg (7.5%), Manganese: 0.14mg (7.21%), Copper: 0.12mg (5.84%), Zinc: 0.87mg (5.8%), Folate: 23.18µg (5.8%), Fiber: 1.11g (4.43%), Iron: 0.75mg (4.17%), Vitamin B12: 0.23µg (3.77%), Vitamin A: 151.96IU (3.04%), Calcium: 26.6mg (2.66%), Vitamin E: 0.3mg (2.01%)