



Grilled Chicken Satay with Cucumber Salad

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups cucumber seedless peeled thinly sliced
- 2 tablespoons spring onion thinly sliced (2 medium)
- 0.5 cup satay sauce
- 0.8 cup satay sauce
- 2 tablespoons peanuts coarsely chopped
- 0.3 teaspoon pepper
- 0.3 cup onion red halved thinly sliced
- 0.3 teaspoon salt

- 0.5 teaspoon salt
- 4 chicken breast boneless skinless
- 1 teaspoon sugar
- 2 tablespoons vinegar white

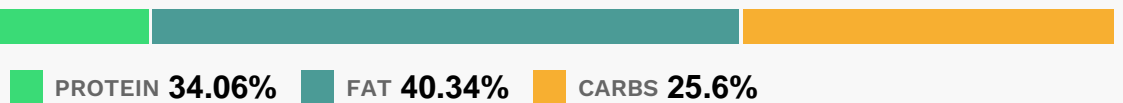
Equipment

- 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:60.09, Glycemic Load:1.3, Inflammation Score:-4, Nutrition Score:14.785651974056%

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: 376.89kcal (18.84%), Fat: 16.02g (24.65%), Saturated Fat: 1.04g (6.53%), Carbohydrates: 22.88g (7.63%), Net Carbohydrates: 21.37g (7.77%), Sugar: 16.06g (17.84%), Cholesterol: 72.32mg (24.11%), Sodium: 1615.18mg (70.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.45g (60.9%), Vitamin B3: 12.65mg (63.26%), Selenium: 36.76µg (52.51%), Vitamin B6: 0.93mg (46.64%), Phosphorus: 283.14mg (28.31%), Vitamin B5: 1.96mg (19.58%), Potassium: 620.64mg (17.73%), Manganese: 0.27mg (13.26%), Magnesium: 52.99mg (13.25%), Vitamin K: 13.88µg (13.22%), Vitamin B1: 0.14mg (9.66%), Vitamin B2: 0.15mg (8.89%), Folate: 34.96µg (8.74%), Copper: 0.16mg (7.83%), Vitamin C: 6.1mg (7.39%), Zinc: 0.97mg (6.46%), Fiber: 1.51g (6.04%), Iron: 0.92mg (5.13%), Vitamin B12: 0.23µg (3.77%), Calcium: 31.46mg (3.15%), Vitamin A: 136.58IU (2.73%), Vitamin E: 0.27mg (1.77%)