



Grilled Chicken Satay with Peanut Sauce

 Dairy Free

READY IN



145 min.

SERVINGS



20

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup soya sauce
- 2 tablespoons juice of lime
- 2 tablespoons honey
- 1 tablespoon sesame oil dark
- 1 teaspoon ginger grated
- 0.3 teaspoon pepper red crushed
- 2 cloves garlic finely chopped
- 10 chicken breast uncooked (not breaded)

- 20 bamboo skewers (6 inch)
- 10 spring onion chopped
- 1.3 cups satay sauce

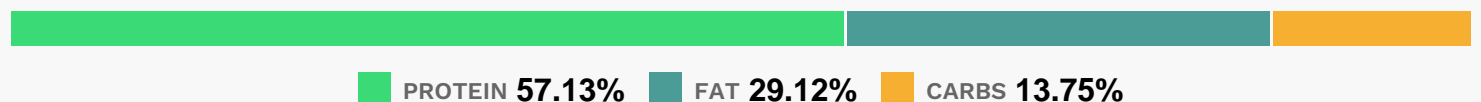
Equipment

- bowl
- grill
- skewers

Directions

- In small bowl, mix soy sauce, lime juice, honey, sesame oil, gingerroot, pepper flakes and garlic.
- Cut each chicken tender in half lengthwise.
- Place in shallow glass or plastic dish.
- Pour marinade over chicken; turn to coat. Cover; refrigerate 2 hours, stirring occasionally. Meanwhile, soak bamboo skewers in water at least 30 minutes before using to prevent burning.
- Heat gas or charcoal grill.
- Remove chicken from marinade; discard marinade. Thread 1 chicken strip on each skewer, twisting chicken on skewer to look like a snake.
- Place skewers on grill over medium heat. Cover grill; cook 6 minutes, turning once, until chicken is no longer pink in center.
- Arrange chicken on platter; sprinkle with green onions.
- Serve with peanut sauce.

Nutrition Facts



Properties

Glycemic Index:8.81, Glycemic Load:1.05, Inflammation Score:-3, Nutrition Score:11.742608832276%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 185.35kcal (9.27%), Fat: 5.74g (8.83%), Saturated Fat: 0.74g (4.65%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 5.88g (2.14%), Sugar: 4.57g (5.08%), Cholesterol: 72.32mg (24.11%), Sodium: 503.45mg (21.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.33g (50.66%), Vitamin B3: 11.94mg (59.72%), Selenium: 36.29µg (51.84%), Vitamin B6: 0.86mg (43.13%), Phosphorus: 244.4mg (24.44%), Vitamin B5: 1.63mg (16.32%), Potassium: 446.56mg (12.76%), Vitamin K: 12.78µg (12.17%), Magnesium: 32.1mg (8.02%), Vitamin B2: 0.12mg (7.3%), Vitamin B1: 0.08mg (5.24%), Zinc: 0.71mg (4.72%), Vitamin B12: 0.23µg (3.77%), Vitamin C: 3.05mg (3.7%), Iron: 0.6mg (3.33%), Manganese: 0.05mg (2.51%), Folate: 9.13µg (2.28%), Copper: 0.04mg (2.15%), Vitamin A: 102.04IU (2.04%), Vitamin E: 0.28mg (1.85%), Calcium: 11.61mg (1.16%)