



WHATSheATE



Grilled Chicken Skewers with Peanut Sauce



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



8 bamboo skewers



1 lb chicken breast boneless skinless cut into 1-inch pieces



0.3 cup teriyaki sauce (from 15-oz bottle)



1 cup quick-cooking brown rice instant uncooked



1.3 cups water



0.3 cup creamy peanut butter



1 tablespoon cilantro leaves fresh chopped



3 tablespoons teriyaki sauce (from 15-oz bottle)

- ☐ 1 tablespoon juice of lime
- ☐ 0.3 teaspoon hot sauce red
- ☐ 0.3 cup spring onion chopped
- ☐ 2 cloves garlic finely chopped

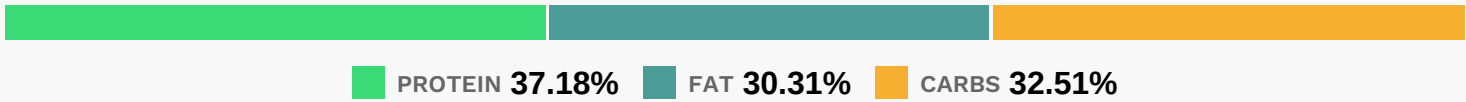
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Soak bamboo skewers in water at least 30 minutes before using to prevent burning. In medium bowl, mix chicken and 1/4 cup teriyaki marinade. Cover; refrigerate 30 to 60 minutes to marinate.
- ☐ Meanwhile, heat coals or gas grill for direct heat. In small bowl, stir all sauce ingredients until blended; set aside.
- ☐ Remove chicken from marinade; discard marinade. Thread chicken on skewers.
- ☐ Place skewers on grill. Cover grill; cook over medium heat 8 to 10 minutes, turning once, until chicken is no longer pink in center.
- ☐ Meanwhile, cook rice in water as directed on package, omitting butter and salt.
- ☐ Sprinkle chicken with additional chopped fresh cilantro if desired.
- ☐ Serve with sauce and rice.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:0.64, Inflammation Score:-6, Nutrition Score:19.493478536606%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 340.88kcal (17.04%), Fat: 11.42g (17.56%), Saturated Fat: 2.31g (14.44%), Carbohydrates: 27.55g (9.18%), Net Carbohydrates: 26.1g (9.49%), Sugar: 6.41g (7.12%), Cholesterol: 72.57mg (24.19%), Sodium: 1421.14mg (61.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.52g (63.03%), Vitamin B3: 15.93mg (79.66%), Selenium: 45.56µg (65.08%), Vitamin B6: 1.01mg (50.29%), Phosphorus: 372.39mg (37.24%), Manganese: 0.5mg (25.23%), Folate: 84.61µg (21.15%), Vitamin B1: 0.31mg (20.76%), Magnesium: 81.74mg (20.44%), Vitamin B5: 1.96mg (19.64%), Potassium: 617.33mg (17.64%), Iron: 2.72mg (15.11%), Vitamin K: 13.6µg (12.95%), Vitamin E: 1.75mg (11.68%), Vitamin B2: 0.18mg (10.61%), Zinc: 1.47mg (9.81%), Copper: 0.19mg (9.65%), Fiber: 1.45g (5.82%), Vitamin C: 4.36mg (5.29%), Vitamin B12: 0.23µg (3.78%), Calcium: 36.38mg (3.64%), Vitamin A: 105.75IU (2.12%)