



 **25%**
HEALTH SCORE

Grilled Chicken with Sateay Sauce

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

READY IN



45 min.

SERVINGS



4

CALORIES



729 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup juice of lemon freshly squeezed (4-5 lemons)
- 0.8 cup olive oil good
- 2 teaspoons salt
- 1 tablespoon thyme sprigs fresh minced
- 2 pound chicken breast boneless skinless halved
- 1 tablespoon olive oil good
- 1 tablespoon sesame oil dark
- 0.7 cup onion red

- 1.5 teaspoons garlic minced
- 1.5 ginger fresh minced
- 0.3 teaspoon pepper crushed
- 2 tablespoons red wine vinegar good
- 0.3 cup brown sugar light packed
- 0.3 cup brown sugar light packed
- 2 tablespoons soya sauce
- 0.5 cup creamy peanut butter
- 0.3 catsup
- 2 tablespoons sherry dry
- 1 teaspoons juice of lime freshly squeezed (I used 2 limes)

Equipment

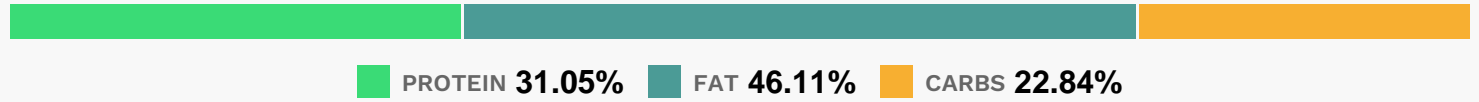
- bowl
- whisk
- pot
- grill

Directions

- Whisk together the lemon juice, olive oil, salt, pepper, and thyme.
- Pour over the chicken breasts in a large bowl.
- Cover and marinate in the refrigerator for 6 hours or overnight. (The longer the chicken marinates, the better it will taste).
- Heat the grill and cook the chicken breasts for 10 minutes on each side, until just cooked through.
- Remove from the grill, cover and let stand for a couple of minutes before serving.
- For the Satay Sauce
- Cook the olive oil, sesame oil, red onion, garlic, ginger root, and red pepper flakes in a small, heavy bottomed pot on medium heat until the onion is transparent, 10 to 15 minutes.

- In a bowl whisk in the vinegar, sugar, soy sauce, peanut butter, ketchup, sherry and lime juice.
- Add to the onion mixture and cook for 1 minute.
- Cool and use alongside the chicken.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:1.68, Inflammation Score:-9, Nutrition Score:30.115652173913%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 2.26mg, Eriodictyol: 2.26mg, Eriodictyol: 2.26mg, Eriodictyol: 2.26mg Hesperetin: 6.76mg, Hesperetin: 6.76mg, Hesperetin: 6.76mg, Hesperetin: 6.76mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Taste

Sweetness: 34.18%, Saltiness: 97.55%, Sourness: 45.59%, Bitterness: 38.65%, Savoriness: 67.93%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 729.04kcal (36.45%), Fat: 37.67g (57.96%), Saturated Fat: 6.69g (41.81%), Carbohydrates: 41.98g (13.99%), Net Carbohydrates: 39.4g (14.33%), Sugar: 32.67g (36.3%), Cholesterol: 145.15mg (48.38%), Sodium: 2080.68mg (90.46%), Alcohol: 0.77g (4.29%), Protein: 57.09g (114.17%), Vitamin B3: 28.49mg (142.44%), Selenium: 74.69µg (106.71%), Vitamin B6: 1.96mg (97.77%), Phosphorus: 616.78mg (61.68%), Vitamin B5: 3.76mg (37.62%), Vitamin E: 5.22mg (34.81%), Potassium: 1201.49mg (34.33%), Manganese: 0.68mg (34.09%), Magnesium: 130.54mg (32.64%), Vitamin C: 26.1mg (31.64%), Vitamin B2: 0.33mg (19.36%), Zinc: 2.32mg (15.49%), Vitamin B1: 0.22mg (14.86%), Folate: 54.27µg (13.57%), Iron: 2.39mg (13.28%), Copper: 0.26mg (13.1%), Fiber: 2.58g (10.32%), Vitamin K: 8.31µg (7.91%), Vitamin B12: 0.45µg (7.56%), Calcium: 72.75mg (7.27%), Vitamin A: 192.57IU (3.85%), Vitamin D: 0.23µg (1.51%)