



Hip-Hip-Hooray Chicken Satay

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



111 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 dashes pepper black
- 0.1 teaspoon cayenne pepper
- 0.1 teaspoon curry powder
- 0.3 teaspoon onion dried minced
- 0.3 cup yogurt plain fat-free
- 0.3 teaspoon garlic crushed
- 1 teaspoon granulated sugar
- 2 tablespoons peanut butter room temperature reduced-fat

- 0.1 teaspoon salt
- 12 ounces chicken breast raw boneless skinless lean
- 1.5 tablespoons lite soy sauce reduced-sodium
- 0.3 cup soymilk plain light

Equipment

- baking sheet
- oven
- pot
- grill
- stove
- skewers
- grill pan

Directions

- Preheat the oven to 375 degrees F. (Or bring a grill/grill pan sprayed with nonstick spray to medium-high heat.)
- Sprinkle chicken with curry powder, salt, and black pepper. Evenly cut chicken into 12 strips, and thread each strip onto a skewer.
- Place the skewers on a baking sheet sprayed with nonstick spray, and bake in the oven until chicken is fully cooked, about 10 minutes. (Or grill until cooked through, 1 to 2 minutes per side. If using a grill pan, remove from heat and re-spray between batches.)
- Meanwhile, combine all sauce ingredients except yogurt in a small nonstick pot. Bring to medium-low heat on the stove. Stirring constantly, cook until it's hot and well mixed, about 5 minutes.
- Remove sauce from the heat and let it cool slightly.
- Add the yogurt and stir until smooth and blended.
- Serve the sauce with chicken skewers, spoon it on, and EAT!

Nutrition Facts



 PROTEIN **54.22%**  FAT **29.35%**  CARBS **16.43%**

Properties

Glycemic Index:36.25, Glycemic Load:0.69, Inflammation Score:-2, Nutrition Score:8.2134783008824%

Nutrients (% of daily need)

Calories: 111.26kcal (5.56%), Fat: 3.59g (5.53%), Saturated Fat: 0.68g (4.22%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 4.03g (1.46%), Sugar: 2.44g (2.71%), Cholesterol: 36.49mg (12.16%), Sodium: 408.98mg (17.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.93g (29.87%), Vitamin B3: 7.33mg (36.63%), Selenium: 19.31µg (27.58%), Vitamin B6: 0.49mg (24.67%), Phosphorus: 162.23mg (16.22%), Vitamin B5: 0.96mg (9.55%), Potassium: 309.29mg (8.84%), Manganese: 0.16mg (8.02%), Magnesium: 28.51mg (7.13%), Vitamin B2: 0.12mg (6.96%), Vitamin E: 0.95mg (6.31%), Vitamin B12: 0.32µg (5.29%), Calcium: 46.8mg (4.68%), Vitamin B1: 0.07mg (4.55%), Zinc: 0.64mg (4.27%), Copper: 0.08mg (3.81%), Folate: 12.21µg (3.05%), Iron: 0.55mg (3.03%), Vitamin C: 1.95mg (2.36%), Fiber: 0.5g (1.99%), Vitamin A: 88.87IU (1.78%), Vitamin D: 0.21µg (1.43%)