



How to Make Chicken Satay



Gluten Free



Dairy Free

READY IN



160 min.

SERVINGS



8

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 0.3 cup creamy peanut butter
- ☐ 1 tablespoon curry powder yellow
- ☐ 1 tablespoon fish sauce
- ☐ 0.5 teaspoon sea salt
- ☐ 1 tablespoon juice of lime
- ☐ 2 tablespoons olive oil
- ☐ 1 pound chicken breasts boneless skinless cut into strips

- ☐ 0.8 cup coconut milk unsweetened
- ☐ 1 tablespoon sugar white
- ☐ 8 skewers
- ☐ 8 skewers

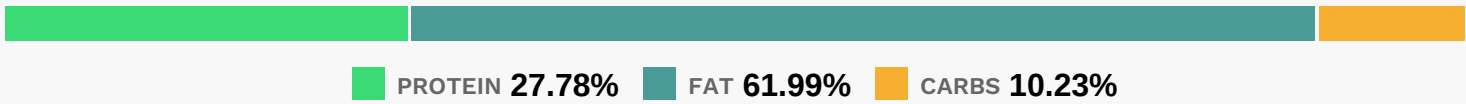
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ skewers

Directions

- ☐ Combine 1/2 cup coconut milk, 2 teaspoons curry powder, 1 teaspoon sugar, 1 teaspoon fish sauce, and granulated garlic in a bowl; add chicken pieces and toss to coat. Cover and refrigerate for at least 2 hours.
- ☐ Thread marinated chicken pieces onto skewers.
- ☐ Heat olive oil in a large skillet over medium-high heat. Cook chicken skewers in hot oil until browned and no longer pink in the center, 3 to 4 minutes on each side.
- ☐ Bring 3/4 cup coconut milk to a simmer in small saucepan or skillet over medium heat. Stir 1 tablespoon curry powder into the coconut milk and simmer for 4 minutes.
- ☐ Add chicken broth, peanut butter, 1 tablespoon sugar, lime juice, and 1 tablespoon fish sauce; simmer for 1 minute.
- ☐ Serve dipping sauce with chicken skewers.

Nutrition Facts



Properties

Glycemic Index:11.76, Glycemic Load:1.26, Inflammation Score:-2, Nutrition Score:9.1378260177115%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 206.43kcal (10.32%), Fat: 14.59g (22.44%), Saturated Fat: 6.39g (39.91%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 4.26g (1.55%), Sugar: 3.3g (3.66%), Cholesterol: 36.58mg (12.19%), Sodium: 335.47mg (14.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.71g (29.42%), Vitamin B3: 7.27mg (36.36%), Selenium: 20.32µg (29.02%), Vitamin B6: 0.49mg (24.46%), Manganese: 0.38mg (18.96%), Phosphorus: 173.3mg (17.33%), Magnesium: 42.98mg (10.74%), Vitamin E: 1.56mg (10.37%), Potassium: 339.63mg (9.7%), Vitamin B5: 0.94mg (9.42%), Copper: 0.12mg (6%), Iron: 1mg (5.56%), Vitamin B2: 0.09mg (5%), Zinc: 0.74mg (4.91%), Fiber: 1.16g (4.62%), Vitamin B1: 0.06mg (3.99%), Folate: 15.38µg (3.84%), Vitamin K: 3.03µg (2.88%), Vitamin C: 1.97mg (2.39%), Vitamin B12: 0.13µg (2.12%), Calcium: 15.99mg (1.6%)