



Indonesian Chicken Skewers with Peanut Sauce (Satay Ayam)

 Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 pound chicken thighs cut into 1/2-inch pieces
- ☐ 2 cloves garlic minced
- ☐ 1 pinch ground pepper white
- ☐ 2 tablespoons soy sauce sweet (soy sauce)
- ☐ 1 tablespoon juice of lime
- ☐ 5 tablespoons peanut butter

- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sunflower seed oil
- ☐ 1 cup water
- ☐ 24 wooden skewers
- ☐ 24 wooden skewers

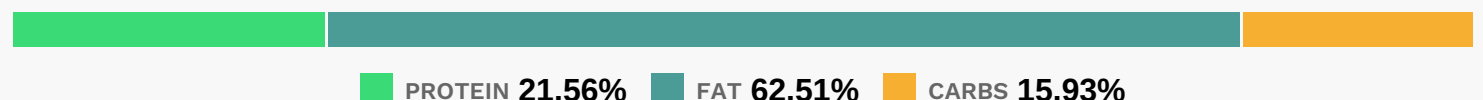
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ skewers
- ☐ grill pan
- ☐ wooden skewers

Directions

- ☐ Combine chicken thighs, 3/4 teaspoon salt, white pepper, and sunflower seed oil in a bowl. Cover and refrigerate for 1 to 2 hours.
- ☐ Soak wooden skewers in water to prevent burning during cooking.
- ☐ Bring water, peanut butter, kecap manis, brown sugar, garlic, and 1/2 teaspoon salt to a boil in a small saucepan; stir to combine.
- ☐ Remove from heat and add lime juice.
- ☐ Thread marinated chicken onto skewers. Set about 2 tablespoons peanut sauce aside in a small bowl and brush the sauce in the bowl over chicken.
- ☐ Heat a grill pan or large skillet over medium-high heat. Arrange chicken skewers in batches on grill pan and cook until chicken is no longer pink in the center, 1 to 2 minutes per side.
- ☐ Serve skewers with remaining peanut sauce from the saucepan.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.69, Inflammation Score:-3, Nutrition Score:12.813478278077%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 433.06kcal (21.65%), Fat: 30.35g (46.7%), Saturated Fat: 7.21g (45.07%), Carbohydrates: 17.4g (5.8%), Net Carbohydrates: 16.17g (5.88%), Sugar: 11.75g (13.06%), Cholesterol: 111.13mg (37.04%), Sodium: 630.16mg (27.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.56g (47.11%), Vitamin B3: 8.15mg (40.77%), Selenium: 23.61µg (33.72%), Phosphorus: 266.5mg (26.65%), Vitamin B6: 0.53mg (26.63%), Vitamin E: 2.95mg (19.66%), Manganese: 0.39mg (19.53%), Magnesium: 65.06mg (16.26%), Vitamin B5: 1.41mg (14.1%), Zinc: 2.08mg (13.86%), Vitamin B12: 0.73µg (12.1%), Vitamin B2: 0.2mg (11.71%), Potassium: 375.88mg (10.74%), Copper: 0.2mg (10.19%), Vitamin B1: 0.15mg (10.16%), Iron: 1.3mg (7.2%), Folate: 26.73µg (6.68%), Fiber: 1.23g (4.94%), Calcium: 28.64mg (2.86%), Vitamin K: 2.49µg (2.37%), Vitamin C: 1.64mg (1.99%), Vitamin A: 91.71IU (1.83%)