



Indonesian Satay

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

READY IN



60 min.

SERVINGS



6

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 clove garlic minced peeled
- 1 pinch ground cumin
- 1 pinch ground pepper black
- 1 tablespoon juice of lemon
- 0.3 cup onion minced
- 0.5 cup chunky peanut butter
- 1 tablespoon vegetable oil; peanut oil preferred
- 6 chicken breast halves boneless skinless cubed

- 2 tablespoons soya sauce
- 3 tablespoons tomato sauce
- 1 tablespoon vegetable oil
- 1 cup water
- 2 tablespoons sugar white

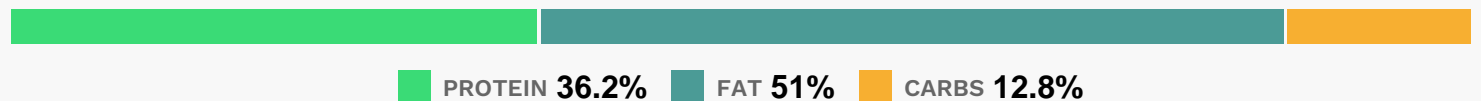
Equipment

- bowl
- sauce pan
- grill
- skewers

Directions

- In a bowl, mix soy sauce, tomato sauce, peanut oil, garlic, black pepper, and cumin.
- Place chicken into the mixture, and stir to coat. Cover, and marinate in the refrigerator for at least 15 minutes, but not overnight. This will make the meat too dark.
- Preheat the grill for high heat.
- Heat vegetable oil in a saucepan over medium heat, and saute onion and garlic until lightly browned.
- Mix in water, peanut butter, soy sauce, and sugar. Cook and stir until well blended.
- Remove from heat, mix in lemon juice, and set aside.
- Lightly oil the grill grate. Thread chicken onto skewers, and discard marinade. Grill skewers about 5 minutes per side, until chicken juices run clear.
- Serve with the peanut sauce.

Nutrition Facts



Properties

Glycemic Index:39.68, Glycemic Load:3.68, Inflammation Score:-4, Nutrition Score:16.055652322976%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 322.7kcal (16.14%), Fat: 18.57g (28.58%), Saturated Fat: 3.56g (22.25%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 9.16g (3.33%), Sugar: 6.97g (7.74%), Cholesterol: 72.32mg (24.11%), Sodium: 596.44mg (25.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.67g (59.33%), Vitamin B3: 14.97mg (74.86%), Selenium: 37.27µg (53.24%), Vitamin B6: 0.98mg (48.83%), Phosphorus: 323.02mg (32.3%), Manganese: 0.39mg (19.51%), Vitamin B5: 1.9mg (18.99%), Vitamin E: 2.84mg (18.93%), Magnesium: 70.67mg (17.67%), Potassium: 589.27mg (16.84%), Vitamin B2: 0.17mg (10.1%), Zinc: 1.27mg (8.45%), Vitamin B1: 0.11mg (7.47%), Copper: 0.15mg (7.45%), Folate: 26.55µg (6.64%), Iron: 1.05mg (5.81%), Fiber: 1.33g (5.32%), Vitamin K: 4.75µg (4.52%), Vitamin C: 3.5mg (4.24%), Vitamin B12: 0.23µg (3.77%), Calcium: 22.48mg (2.25%), Vitamin A: 67.01IU (1.34%)