



Minced Chicken Satay

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



12

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup spice paste
- 1.3 pounds ground chicken
- 10 stalks lemon grass fresh (12 in.)
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 1 tablespoons serrano chilies fresh sliced
- 0.8 cup coconut or dried sweetened flaked

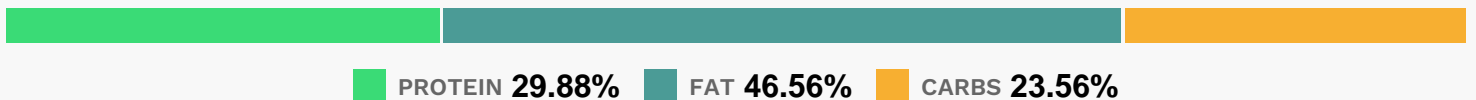
Equipment

- food processor
- frying pan
- grill
- skewers

Directions

- In a food processor, whirl coconut, chilies, and 2 tablespoons hot water until finely ground.
- Add spice paste, salt, pepper, and chicken; whirl until well mixed.
- Trim root ends from lemon grass. Trim tops to make stalks 6 to 8 inches long.
- Remove coarse outer leaves.
- Dipping hands in cool water often to reduce sticking, mound about 1/4 cup chicken mixture around thick end of each lemon grass stalk (or 2 tablespoons on one end of each soaked wood skewer). Gently squeeze chicken mixture around each stalk (or skewer) into a 4-inch log.
- Place chicken sticks in a single layer in a flat pan.
- Lay chicken satay on a lightly oiled grill over hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds). Cook, turning as needed to brown evenly, 5 to 6 minutes.
- Serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:7.9834782273873%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 116.11kcal (5.81%), Fat: 6.1g (9.39%), Saturated Fat: 2.81g (17.58%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 5.99g (2.18%), Sugar: 2.7g (3%), Cholesterol: 40.63mg (13.54%), Sodium: 238.35mg (10.36%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.81g (17.62%), Manganese: 0.72mg (36.25%), Vitamin A: 1565.36IU (31.31%), Vitamin B3: 2.83mg (14.14%), Vitamin B6: 0.26mg (13%), Potassium: 361.1mg (10.32%), Phosphorus: 102.67mg (10.27%), Iron: 1.76mg (9.8%), Selenium: 5.77µg (8.25%), Vitamin B2: 0.13mg (7.81%), Zinc: 1.02mg (6.77%), Vitamin B5: 0.53mg (5.33%), Magnesium: 20.55mg (5.14%), Vitamin B12: 0.26µg (4.41%), Copper: 0.08mg (4.12%), Vitamin B1: 0.06mg (4.08%), Fiber: 0.96g (3.83%), Calcium: 25.97mg (2.6%), Folate: 10.3µg (2.58%), Vitamin C: 1.71mg (2.07%)