



Pineapple Chicken Satay

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

READY IN



20 min.

SERVINGS



4

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound chicken breast tenders cut lengthwise into 8 pieces
- 0.3 cup crunchy peanut butter natural-style
- 0.5 teaspoon curry powder
- 2 tablespoons cilantro leaves fresh chopped
- 0.1 teaspoon ground pepper red
- 2 tablespoons juice of lime fresh
- 0.3 cup lower-sodium soy sauce
- 2 teaspoons vegetable oil; peanut oil preferred

- 1.5 cups pineapple diced
- 0.3 cup onion red vertically sliced
- 0.3 cup chili sauce sweet (such as Mae Ploy)

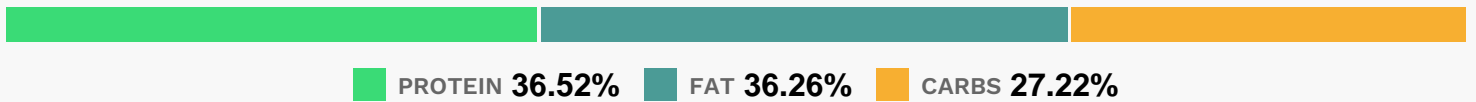
Equipment

- bowl
- frying pan
- whisk
- skewers
- grill pan

Directions

- Combine the first 3 ingredients in a bowl, stirring with a whisk.
- Place peanut oil, curry powder, and chicken in a bowl; toss to coat. Thread chicken onto 8 (6-inch) skewers.
- Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- Add chicken to pan; cook 4 minutes on each side or until chicken is done.
- While chicken cooks, combine 1 1/2 cups pineapple, 1/3 cup red onion, 2 tablespoons cilantro, 2 tablespoons lime juice, and 1/8 teaspoon ground red pepper.
- Serve chicken with soy sauce mixture and pineapple mixture.

Nutrition Facts



Properties

Glycemic Index:38.67, Glycemic Load:4.53, Inflammation Score:-6, Nutrition Score:19.722174012143%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg,

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 323.05kcal (16.15%), Fat: 13.27g (20.42%), Saturated Fat: 2.23g (13.95%), Carbohydrates: 22.41g (7.47%), Net Carbohydrates: 19.69g (7.16%), Sugar: 15.86g (17.62%), Cholesterol: 72.57mg (24.19%), Sodium: 944.58mg (41.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.08g (60.16%), Vitamin B3: 14.57mg (72.85%), Selenium: 37.88µg (54.11%), Vitamin B6: 1.04mg (51.76%), Manganese: 0.98mg (48.99%), Vitamin C: 34.3mg (41.58%), Phosphorus: 327.05mg (32.7%), Vitamin B5: 2.01mg (20.06%), Potassium: 697.65mg (19.93%), Magnesium: 76.42mg (19.11%), Vitamin B2: 0.2mg (11.51%), Vitamin E: 1.72mg (11.47%), Fiber: 2.73g (10.9%), Copper: 0.21mg (10.48%), Folate: 41.38µg (10.34%), Vitamin B1: 0.15mg (10.26%), Zinc: 1.35mg (9%), Iron: 1.24mg (6.88%), Vitamin B12: 0.23µg (3.78%), Calcium: 31.29mg (3.13%), Vitamin A: 115.89IU (2.32%), Vitamin K: 1.77µg (1.69%)