



## Rotisserie Chicken with Satay Sauce

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

READY IN



**30 min.**

SERVINGS



**3**

CALORIES



**833 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon sesame oil dark
- 2 tablespoons cooking sherry dry
- 1.5 teaspoons ginger root fresh minced
- 2 cloves garlic minced
- 0.3 cup catsup
- 0.3 cup brown sugar light packed
- 1.5 teaspoons juice of lime freshly squeezed
- 1 tablespoon olive oil good

- 0.7 cup small-diced onion red (1 small onion)
- 0.3 teaspoon pepper flakes red crushed
- 2 tablespoons red wine vinegar good
- 1 rotisserie chicken cut
- 0.5 cup smooth peanut butter
- 2 tablespoons soya sauce

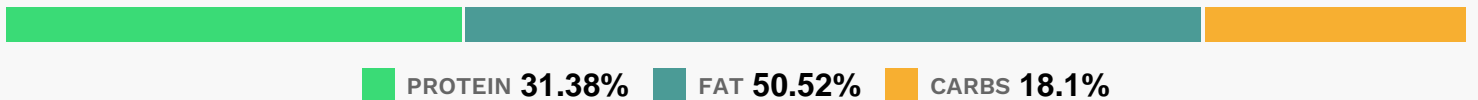
## Equipment

- knife
- whisk
- pot
- skewers

## Directions

- Watch how to make this recipe.
- Cook the olive oil, sesame oil, red onion, garlic, ginger, and red pepper flakes in a small, heavy-bottomed pot on medium heat until the onion is transparent, 10 to 15 minutes.
- Whisk in the vinegar, sugar, soy sauce, peanut butter, ketchup, sherry, and lime juice; cook for 1 more minute. Cool.
- Using a sharp knife, carefully remove the entire breast of the rotisserie chicken and slice it diagonally in 1/2-inch-thick slices. Skewer the chicken slices with wooden sticks and serve with the sauce. Reserve the remaining chicken.

## Nutrition Facts



## Properties

Glycemic Index:38.67, Glycemic Load:2.12, Inflammation Score:-5, Nutrition Score:11.909999961438%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

## Nutrients (% of daily need)

Calories: 833.48kcal (41.67%), Fat: 47.76g (73.47%), Saturated Fat: 10.02g (62.61%), Carbohydrates: 38.5g (12.83%), Net Carbohydrates: 35.54g (12.92%), Sugar: 28.49g (31.66%), Cholesterol: 192mg (64%), Sodium: 1741.39mg (75.71%), Alcohol: 1.03g (100%), Alcohol %: 0.36% (100%), Protein: 66.75g (133.49%), Manganese: 0.82mg (41.15%), Vitamin E: 5.03mg (33.51%), Vitamin B3: 6.6mg (32.98%), Magnesium: 88.05mg (22.01%), Phosphorus: 184.46mg (18.45%), Vitamin B6: 0.33mg (16.63%), Copper: 0.25mg (12.41%), Potassium: 429.85mg (12.28%), Folate: 48.45µg (12.11%), Fiber: 2.95g (11.82%), Vitamin B2: 0.15mg (8.77%), Zinc: 1.29mg (8.63%), Iron: 1.47mg (8.19%), Vitamin B1: 0.09mg (6.05%), Vitamin B5: 0.6mg (6.01%), Vitamin C: 4.93mg (5.97%), Calcium: 56.09mg (5.61%), Vitamin K: 4.58µg (4.36%), Selenium: 2.73µg (3.91%), Vitamin A: 154.16IU (3.08%)