

Sambal Chicken Skewers



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup chili paste depending on your taste pref hot (such as sambal oelek)
- ☐ 0.3 cup fish sauce (such as nam pla or nuoc nam)
- ☐ 2 teaspoons ginger finely grated peeled
- ☐ 0.5 cup brown sugar light packed ()
- ☐ 1.5 pounds chicken thighs boneless skinless cut into 1 1/2"-2" pieces
- ☐ 0.3 cup sriracha
- ☐ 0.5 cup rice vinegar

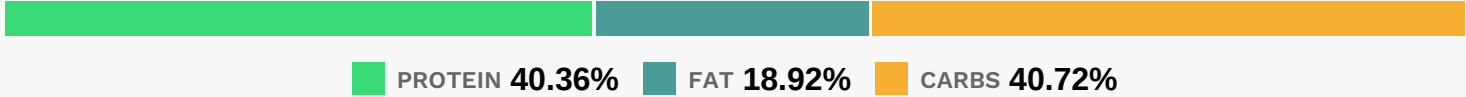
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare grill for medium-high heat.
- ☐ Whisk brown sugar, vinegar, chili paste, fish sauce, Sriracha, and ginger in a large bowl.
- ☐ Add chicken and toss to coat. Thread 4 or 5 chicken pieces onto each skewer.
- ☐ Transfer marinade to a small saucepan. Bring to a boil, reduce heat, and simmer until reduced by half (about 1 cup), 7-10 minutes.
- ☐ Grill chicken, turning and basting often with reduced marinade, until cooked through, 8-10 minutes.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:16.297391007776%

Nutrients (% of daily need)

Calories: 343.84kcal (17.19%), Fat: 7.12g (10.96%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 34.49g (11.5%), Net Carbohydrates: 34.32g (12.48%), Sugar: 29.46g (32.73%), Cholesterol: 161.59mg (53.86%), Sodium: 1699.1mg (73.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.19g (68.38%), Selenium: 40.51µg (57.87%), Vitamin B3: 10.27mg (51.37%), Vitamin B6: 0.89mg (44.36%), Phosphorus: 335.29mg (33.53%), Vitamin B5: 2.11mg (21.13%), Vitamin B2: 0.34mg (19.88%), Vitamin B12: 1.16µg (19.3%), Vitamin C: 14.98mg (18.16%), Zinc: 2.68mg (17.88%), Magnesium: 71.2mg (17.8%), Potassium: 605.64mg (17.3%), Vitamin B1: 0.18mg (12.06%), Iron: 1.94mg (10.77%), Copper: 0.15mg (7.67%), Vitamin K: 5.57µg (5.3%), Manganese: 0.11mg (5.29%), Calcium: 52.19mg (5.22%), Folate: 17.76µg (4.44%), Vitamin E: 0.38mg (2.56%), Vitamin A: 112.14IU (2.24%)