



## Satay Chicken Stir-Fry with Snow Peas and Cilantro

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 cups broccoli florets
- ☐ 0.3 cup chicken broth
- ☐ 0.5 cup coconut milk
- ☐ 1 piece ginger fresh
- ☐ 1 clove garlic crushed
- ☐ 2 juice of lime
- ☐ 3 tablespoons brown sugar light

- ☐ 1 to 5 chilies red thinly sliced
- ☐ 2 tablespoons peanut butter
- ☐ 24 ounces chicken breast boneless skinless
- ☐ 2 cups snow peas
- ☐ 2 tablespoons soya sauce
- ☐ 2 tablespoons vegetable oil

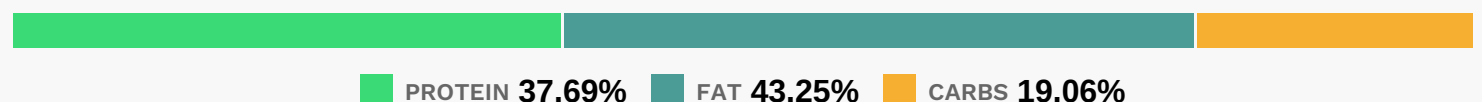
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

## Directions

- ☐ In a small bowl, whisk together the peanut butter, soy sauce, lime juice, broth, sugar, and coconut milk.
- ☐ Cut the chicken into 1-inch-wide strips.
- ☐ Heat the oil in a large skillet over medium-high heat.
- ☐ Add the chicken, chili, ginger, and garlic. Cook, stirring occasionally, until the chicken is golden, about 5 minutes.
- ☐ Add the snow peas and broccoli and cook until the vegetables are just tender, about 1 minute.
- ☐ Add the peanut sauce and cook until the mixture has thickened slightly and the chicken has cooked through, about 3 minutes.
- ☐ Garnish with the cilantro.
- ☐ Serve over cooked rice, if desired. Tip: You can easily substitute beef or shrimp for the chicken in this recipe. For beef, follow the same directions. For shrimp, cook all the vegetables, then add the shrimp, cook for 1 minute or until pink, add the peanut sauce, and finish the recipe from there.

## Nutrition Facts



## Properties

Glycemic Index:62, Glycemic Load:2.1, Inflammation Score:-8, Nutrition Score:33.057391555413%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

## Nutrients (% of daily need)

Calories: 445.03kcal (22.25%), Fat: 21.71g (33.4%), Saturated Fat: 8.24g (51.49%), Carbohydrates: 21.53g (7.18%), Net Carbohydrates: 18.34g (6.67%), Sugar: 13.43g (14.92%), Cholesterol: 109.25mg (36.42%), Sodium: 831.86mg (36.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.57g (85.14%), Vitamin C: 93.3mg (113.09%), Vitamin B3: 20.16mg (100.79%), Selenium: 56.69µg (80.98%), Vitamin B6: 1.57mg (78.59%), Vitamin K: 73.21µg (69.72%), Phosphorus: 488.97mg (48.9%), Manganese: 0.67mg (33.74%), Vitamin B5: 3.28mg (32.77%), Potassium: 1077.03mg (30.77%), Magnesium: 101.39mg (25.35%), Vitamin A: 982.18IU (19.64%), Iron: 3.5mg (19.43%), Vitamin B2: 0.32mg (18.61%), Folate: 72.9µg (18.22%), Vitamin B1: 0.26mg (17.01%), Vitamin E: 2.28mg (15.19%), Fiber: 3.19g (12.77%), Copper: 0.25mg (12.38%), Zinc: 1.78mg (11.85%), Calcium: 75.33mg (7.53%), Vitamin B12: 0.34µg (5.74%), Vitamin D: 0.17µg (1.13%)