



## Skewered Chicken with Spicy Peanut Dip

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

READY IN



27 min.

SERVINGS



6

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup creamy peanut butter reduced-fat
- 0.5 teaspoon pepper red divided crushed
- 0.5 teaspoon curry powder
- 0.8 cup less-sodium chicken broth fat-free
- 1.5 tablespoons ginger fresh divided minced peeled
- 2 teaspoons garlic divided minced
- 1 teaspoon brown sugar light
- 0.3 cup juice of lime fresh divided

- 3 tablespoons soya sauce low-sodium divided
- 0.5 teaspoon salt divided
- 0.3 teaspoon sesame oil
- 1 tablespoon shallots minced
- 12 ounce chicken breast halves boneless skinless
- 8 inch wooden skewers
- 8 inch wooden skewers

## Equipment

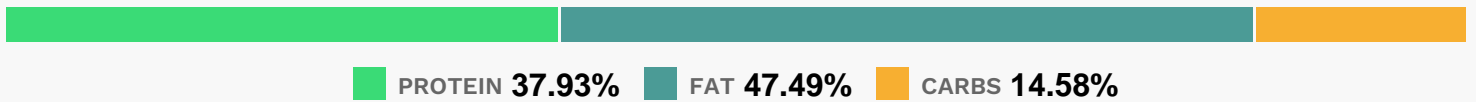
- bowl
- frying pan
- baking sheet
- plastic wrap
- broiler
- ziploc bags
- skewers
- rolling pin
- meat tenderizer
- wooden skewers

## Directions

- Coat a large nonstick skillet with cooking spray.
- Add shallot, 1 tablespoon ginger, and 1 teaspoon garlic; saut 3 minutes or until shallot is tender.
- Add curry powder and 1/4 teaspoon crushed red pepper; saut 1 minute. Stir in broth, peanut butter, 2 tablespoons lime juice, 1 tablespoon soy sauce, brown sugar, and 1/4 teaspoon salt. Simmer 3 to 5 minutes, or until mixture thickens, stirring constantly.
- Transfer mixture to a bowl; cover and chill at least 2 hours.
- Cut each chicken breast half lengthwise into 4 strips.

- Place strips between 2 pieces of heavy-duty plastic wrap, and flatten to 1/4-inch thickness, using a meat mallet or rolling pin.
- Combine remaining ginger, garlic, crushed red pepper, lime juice, soy sauce, salt, and sesame oil in a heavy-duty zip-top plastic bag.
- Add chicken, and seal bag securely. Marinate in refrigerator 1 1/2 hours, turning once.
- Soak wooden skewers in water 30 minutes; drain.
- Preheat broiler.
- Remove chicken from marinade, discarding marinade. Thread chicken onto wooden skewers.
- Place skewers on a baking sheet coated with cooking spray. Broil 2 to 3 minutes on each side or until done.
- Serve with peanut dip.

## Nutrition Facts



### Properties

Glycemic Index:15.67, Glycemic Load:0.56, Inflammation Score:-3, Nutrition Score:9.5569564026335%

### Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

### Nutrients (% of daily need)

Calories: 167.53kcal (8.38%), Fat: 9.11g (14.01%), Saturated Fat: 1.81g (11.31%), Carbohydrates: 6.29g (2.1%), Net Carbohydrates: 5.28g (1.92%), Sugar: 2.59g (2.88%), Cholesterol: 36.29mg (12.1%), Sodium: 728.91mg (31.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.36g (32.73%), Vitamin B3: 8.13mg (40.67%), Selenium: 19.65µg (28.07%), Vitamin B6: 0.54mg (26.78%), Phosphorus: 189.7mg (18.97%), Manganese: 0.29mg (14.7%), Magnesium: 47.66mg (11.92%), Vitamin E: 1.58mg (10.51%), Vitamin B5: 1.05mg (10.49%), Potassium: 362.68mg (10.36%), Vitamin B2: 0.11mg (6.75%), Zinc: 0.81mg (5.39%), Vitamin C: 4.26mg (5.16%), Folate: 20.51µg (5.13%), Copper: 0.1mg (4.97%), Vitamin B1: 0.07mg (4.54%), Iron: 0.75mg (4.15%), Fiber: 1.01g (4.03%), Vitamin B12: 0.17µg (2.84%), Calcium: 19.53mg (1.95%), Vitamin A: 73.27IU (1.47%)