



## Sweet and Spicy Chicken Satay

 Gluten Free

READY IN



106 min.

SERVINGS



4

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 bamboo skewers for 20 minutes
- 1 tablespoon curry paste red
- 3 large chicken breast halves boneless skinless cut into thin strips
- 0.5 cup condensed milk sweetened
- 3 tablespoons teriyaki sauce
- 1 tablespoon vinegar

### Equipment

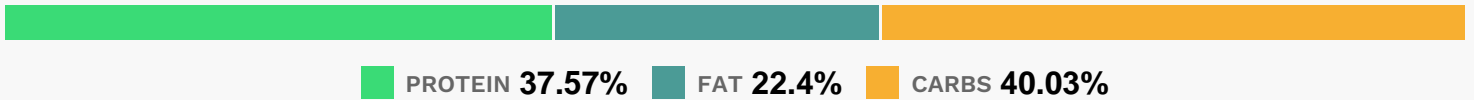
- bowl

- grill
- broiler
- skewers

## Directions

- In a medium bowl, stir together the sweetened condensed milk, teriyaki sauce, vinegar and curry paste. Coat chicken with the sauce, and marinate in the refrigerator for at least 1 1/2 hours.
- Preheat a grill or broiler for high heat.
- Remove chicken from the marinade and thread onto skewers. Discard remaining marinade.
- Grill or broil chicken for 3 minutes per side, or until cooked through.

## Nutrition Facts



## Properties

Glycemic Index:35.75, Glycemic Load:12.72, Inflammation Score:-6, Nutrition Score:11.789999902248%

## Nutrients (% of daily need)

Calories: 237.21kcal (11.86%), Fat: 5.82g (8.95%), Saturated Fat: 2.7g (16.88%), Carbohydrates: 23.38g (7.79%), Net Carbohydrates: 23.17g (8.43%), Sugar: 23.06g (25.62%), Cholesterol: 67.25mg (22.42%), Sodium: 664.36mg (28.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.94g (43.89%), Selenium: 32.97µg (47.1%), Vitamin B3: 9.1mg (45.48%), Vitamin B6: 0.67mg (33.66%), Phosphorus: 296.7mg (29.67%), Vitamin B5: 1.53mg (15.25%), Vitamin B2: 0.25mg (14.96%), Vitamin A: 718.7IU (14.37%), Potassium: 489.14mg (13.98%), Calcium: 122.05mg (12.21%), Magnesium: 40.42mg (10.1%), Vitamin B1: 0.09mg (6.25%), Zinc: 0.89mg (5.94%), Vitamin B12: 0.34µg (5.63%), Iron: 0.73mg (4.04%), Vitamin C: 2.37mg (2.87%), Copper: 0.05mg (2.35%), Folate: 8.8µg (2.2%), Vitamin E: 0.25mg (1.65%), Manganese: 0.02mg (1.17%), Vitamin D: 0.16µg (1.08%)