



Sweet Red Chili Chicken Satay

READY IN

ready

105 min.

SERVINGS

servings

24

CALORIES

calories

183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons garlic minced
- ☐ 24 servings oil for grill
- ☐ 0.5 cup pineapple juice
- ☐ 2 pounds chicken thighs boneless skinless cut into 3 pieces
- ☐ 1 tablespoon soya sauce
- ☐ 0.5 cup chili sauce sweet

Equipment

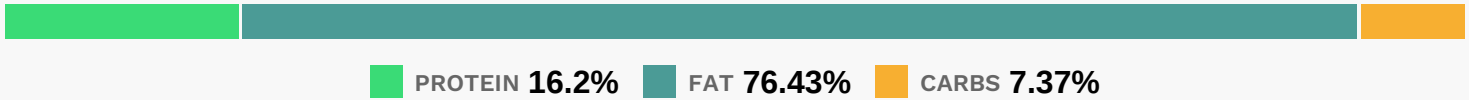
- ☐ bowl

- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ grill pan

Directions

- ☐ Cut the chicken thighs into 1/2-wide long strips and place into a large resealable bag. In a bowl, whisk together the chili sauce, pineapple juice, soy sauce, and garlic.
- ☐ Pour the marinade into the bag over the sliced chicken. Seal the bag and toss to coat completely.
- ☐ Place the bag into a large bowl and put into the refrigerator to marinate for at least 1 hour or as long as overnight.
- ☐ To serve: Preheat a grill or grill pan over medium-high heat. Thread the chicken strips onto the skewers. Oil the grill gates and place the chicken on the grill. Cook until the chicken is just cooked through, 4 to 5 minutes per side.
- ☐ Remove from the heat and serve immediately.

Nutrition Facts



Properties

Glycemic Index:3.79, Glycemic Load:0.32, Inflammation Score:-1, Nutrition Score:4.274347913654%

Nutrients (% of daily need)

Calories: 183.11kcal (9.16%), Fat: 15.59g (23.99%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 3.33g (1.21%), Sugar: 3.05g (3.38%), Cholesterol: 35.91mg (11.97%), Sodium: 128.8mg (5.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.87%), Vitamin E: 2.52mg (16.79%), Selenium: 8.59µg (12.27%), Vitamin B3: 2.15mg (10.76%), Vitamin K: 11.1µg (10.57%), Vitamin B6: 0.18mg (8.89%), Phosphorus: 72.44mg (7.24%), Vitamin B5: 0.46mg (4.61%), Vitamin B2: 0.07mg (4.08%), Vitamin B12: 0.24µg (4.03%), Zinc: 0.59mg (3.91%), Potassium: 101.59mg (2.9%), Vitamin B1: 0.04mg (2.52%), Magnesium: 9.65mg (2.41%), Manganese: 0.04mg (1.94%), Iron: 0.34mg (1.89%), Copper: 0.03mg (1.32%)