



Tamarind "Teriyaki" Chicken Skewers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings bamboo skewers
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon t brown sugar dark
- ☐ 3 garlic clove diced
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 spring onion thinly sliced for garnish (everything but the bulb)
- ☐ 2 teaspoons blackstrap molasses
- ☐ 2 teaspoons sesame oil

- ☐ 8 chicken thighs boneless skinless cut into 1/2-inch-wide strips
- ☐ 1 tablespoon pomegranate molasses with pomegranate molasses)
- ☐ 2 teaspoons rice vinegar
- ☐ 0.8 cup water
- ☐ 6 servings sesame seed white toasted for garnish

Equipment

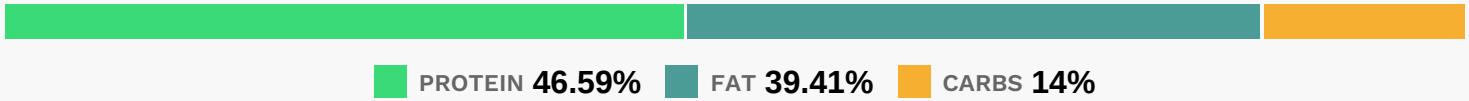
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ skewers

Directions

- ☐ + In a small pot or saucepan, mix together the first 7 ingredients (tamarind paste to 3/4 cup water). Bring the mixture to a boil over medium heat, then reduce to low and cook for 10 minutes.
- ☐ + In a separate bowl, mix the cornstarch with the 2 tablespoons of water until it is dissolved and smooth.
- ☐ Add the cornstarch mixture to the pot and stir until it is well combined and the sauce begins to thicken like a glaze. Continue to cook and reduce by one third, 2 to 3 minutes. Then turn the heat to the lowest possible setting and cover the pot with a lid to keep the sauce warm.
- ☐ + In a large skillet, heat the sesame oil over medium-high heat.
- ☐ Add your chicken pieces and about a quarter of the sauce and cook for 5 minutes without stirring. Then toss the chicken pieces, doing your best to flip them over, adding another quarter of the sauce. Cook until the inside of the meat is white, 6 to 8 minutes more.
- ☐ Remove the chicken from the heat and allow it to rest until the pieces are cool enough to handle. Weave the chicken onto the bamboo skewers, about 4 per skewer, and lay them flat on a serving dish or a large plate.
- ☐ Drizzle the remaining sauce over the skewers and sprinkle with white toasted sesame seeds and the sliced green onions.

- ☐ Serve and eat immediately.
- ☐ + sodium count:Tamarind paste: 20mg per ounce depending on brand; Molasses: 10mg per 1 tablespoon; Chicken thigh (with skin): 87mg per 1/4 pound
- ☐ Sodium Girl's Limitless Low-Sodium Cookbook
- ☐ Reprinted with permission from the publisher, Houghton Mifflin Harcourt. From Sodium Girl's Limitless Low-Sodium Cookbook: How to Lose the Salt and Eat the Foods You Love by Jessica Goldman Foug. Copyright © 2013 by Jessica Goldman Foug; cover and interior photography copyright © 2013 by Matt Armendariz. Published by John Wiley & Sons, Inc.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:1.3, Inflammation Score:-3, Nutrition Score:16.258260695831%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 267.45kcal (13.37%), Fat: 11.52g (17.73%), Saturated Fat: 2.3g (14.39%), Carbohydrates: 9.21g (3.07%), Net Carbohydrates: 8.1g (2.94%), Sugar: 5g (5.56%), Cholesterol: 143.13mg (47.71%), Sodium: 139.07mg (6.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.65g (61.3%), Selenium: 37.56µg (53.66%), Vitamin B3: 8.83mg (44.17%), Vitamin B6: 0.77mg (38.73%), Phosphorus: 337.65mg (33.77%), Copper: 0.44mg (21.92%), Zinc: 2.96mg (19.76%), Vitamin B5: 1.85mg (18.47%), Magnesium: 70.22mg (17.56%), Vitamin B2: 0.29mg (17.16%), Vitamin B12: 0.96µg (16.07%), Manganese: 0.29mg (14.69%), Iron: 2.6mg (14.42%), Vitamin B1: 0.21mg (13.72%), Potassium: 462.72mg (13.22%), Vitamin K: 12.86µg (12.24%), Calcium: 104.79mg (10.48%), Fiber: 1.12g (4.47%), Folate: 16.5µg (4.13%), Vitamin E: 0.34mg (2.27%), Vitamin A: 77.03IU (1.54%), Vitamin C: 1.23mg (1.49%)