



Thai chicken skewers



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 juice of lime
- ☐ 1 bunch cilantro leaves chopped
- ☐ 1.5 tsp sugar
- ☐ 0.8 tsp fish sauce
- ☐ 1 tbsp canola oil
- ☐ 2 garlic clove crushed
- ☐ 1 tsp ginger paste
- ☐ 1.5 tsp curry paste

- ☐ 8 chicken breast skinless
- ☐ 8 servings chilli sauce sweet

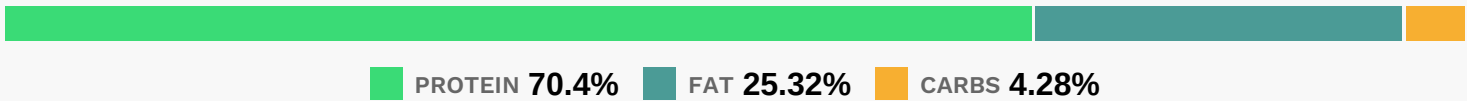
Equipment

- ☐ bowl
- ☐ pot
- ☐ grill

Directions

- ☐ In a bowl, mix the lime juice, zest, coriander stalks, sugar, fish sauce, oil, garlic, ginger and curry paste together.
- ☐ Slice each chicken breasts into 4 strips lengthways and coat with the marinade. Refrigerate for at least 2 hours and up to half a day. Soak 32 wooden brochette sticks in water for at least half an hour.
- ☐ Thread each strip onto a wooden brochette stick, weaving in and out as if youre sewing.
- ☐ Preheat the grill or barbecue and cook the chicken for 4 5 minutes on each side or until cooked through, in batches.
- ☐ Arrange on a platter.
- ☐ Serve with a pot of sweet chilli sauce and a sprinkling of coriander leaves.

Nutrition Facts



Properties

Glycemic Index:16.51, Glycemic Load:0.62, Inflammation Score:-5, Nutrition Score:21.27130438193%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 284.99kcal (14.25%), Fat: 7.7g (11.85%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 2.93g (0.98%), Net Carbohydrates: 2.79g (1.01%), Sugar: 1.62g (1.8%), Cholesterol: 144.64mg (48.21%), Sodium: 317.44mg (13.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.16g (96.32%), Vitamin B3: 23.62mg (118.11%), Selenium: 72.51µg (103.58%), Vitamin B6: 1.71mg (85.57%), Phosphorus: 478.37mg (47.84%), Vitamin B5: 3.25mg (32.5%), Potassium: 863.6mg (24.67%), Magnesium: 61.39mg (15.35%), Vitamin B2: 0.23mg (13.6%), Vitamin B1: 0.15mg (10.04%), Vitamin C: 7.8mg (9.45%), Zinc: 1.34mg (8.92%), Vitamin B12: 0.45µg (7.58%), Vitamin A: 290.57IU (5.81%), Vitamin E: 0.79mg (5.3%), Iron: 0.91mg (5.05%), Vitamin K: 4.9µg (4.67%), Copper: 0.07mg (3.49%), Folate: 11.47µg (2.87%), Manganese: 0.05mg (2.74%), Calcium: 16.99mg (1.7%), Vitamin D: 0.23µg (1.51%)