

Chicken Satay

Yield: 6 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/indonesian-chicken-satay-recipe>

Ingredients:

- 2 pounds boneless chicken breast or thigh
- 2 garlic cloves finely minced
- 1 teaspoon fresh ginger finely grated
- 1 teaspoon rice vinegar Mitsukan brand preferred
- 1 tablespoon soy sauce
- 2 teaspoons brown sugar
- 1 tablespoon peanut butter
- 1/2 teaspoon sesame oil
- 1/2 cup dry roasted peanuts chopped
- bamboo skewers, soaked in water

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 95 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 36 grams
7. SaturatedFat: 3 grams
8. Sodium: 380 milligrams
9. Sugar: 2 grams

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