



## Balinese Grilled Chicken



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



35

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 meat from a rotisserie chicken
- ☐ 3 long chiles fresh red halved seeded
- ☐ 4 bay leaves fresh
- ☐ 2 tablespoons ginger fresh chopped
- ☐ 10 garlic cloves halved
- ☐ 1 teaspoon ground turmeric
- ☐ 4 limes halved
- ☐ 35 servings salt and pepper freshly ground

- ☐ 6 small shallots halved
- ☐ 0.3 cup vegetable oil plus more for brushing

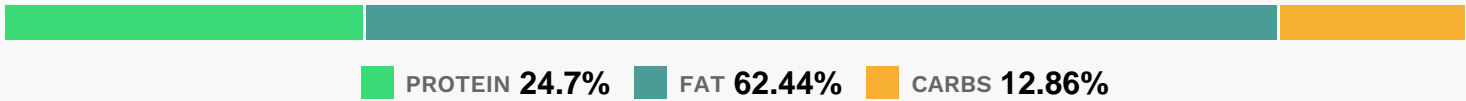
## Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil

## Directions

- ☐ In a food processor, combine the garlic, chiles, shallots, ginger and turmeric and pulse until finely chopped.
- ☐ Add the 1/4 cup of vegetable oil and pulse to a fine paste.
- ☐ Transfer the paste to a small skillet and cook over moderate heat, stirring, until fragrant and lightly browned, about 5 minutes.
- ☐ Let the paste cool completely and season with salt and pepper.
- ☐ Set the chicken in a baking dish and rub the paste all over it.
- ☐ Place the bay leaves on top. Cover and refrigerate for at least 4 hours or overnight.
- ☐ Light a grill. Line the grate with a double sheet of heavy-duty aluminum foil brushed lightly with oil.
- ☐ Transfer the chicken to the foil, skin side up. Cover and grill over moderate heat (350 to 37
- ☐ for 1 hour, until nearly cooked through.
- ☐ Add the limes to the foil and grill the chicken until the juices run clear when an inner thigh is pierced, about 15 minutes longer. Carve the chicken, transfer to a platter and serve with the limes.

## Nutrition Facts



## Properties

Glycemic Index:4.49, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:2.7573913245097%

Flavonoids

Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 69.32kcal (3.47%), Fat: 4.89g (7.52%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 2.26g (0.75%), Net Carbohydrates: 1.81g (0.66%), Sugar: 0.69g (0.76%), Cholesterol: 16.32mg (5.44%), Sodium: 210.26mg (9.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.7%), Vitamin C: 8.77mg (10.63%), Vitamin B3: 1.56mg (7.82%), Vitamin B6: 0.13mg (6.31%), Selenium: 3.36µg (4.8%), Phosphorus: 39.22mg (3.92%), Vitamin K: 3.83µg (3.65%), Vitamin B5: 0.24mg (2.41%), Potassium: 82.32mg (2.35%), Manganese: 0.05mg (2.28%), Zinc: 0.34mg (2.24%), Iron: 0.38mg (2.11%), Vitamin B2: 0.03mg (1.95%), Fiber: 0.45g (1.8%), Magnesium: 7.11mg (1.78%), Vitamin E: 0.24mg (1.61%), Vitamin B1: 0.02mg (1.51%), Vitamin A: 71.97IU (1.44%), Copper: 0.03mg (1.41%), Vitamin B12: 0.07µg (1.12%), Folate: 4.38µg (1.09%)