



Bangkok Birds



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



845 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chickens
- ☐ 2 tablespoons ginger fresh chopped
- ☐ 0.3 cup garlic chopped
- ☐ 0.5 cup green onions thinly sliced
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon coarse-ground pepper
- ☐ 0.3 cup soya sauce (nuoc mam or nam pla)
- ☐ 4 servings thai chili sauce

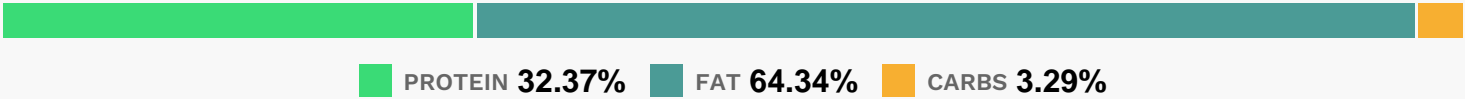
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ knife
- ☐ blender
- ☐ grill
- ☐ skewers
- ☐ metal skewers
- ☐ poultry shears

Directions

- ☐ Remove giblets and necks; save for another use. Rinse chickens. With poultry shears or a knife, split chickens lengthwise through breastbones. Pull birds open and place, skin up, on a flat surface. Press down firmly, cracking bones, until birds lie flat.
- ☐ Insert a metal skewer (you need 4, each 10 to 12 in.), across 1 chicken through drumstick (knee bent), then thigh, over backbone, through opposite thigh and its drumstick (knee bent). Repeat step with remaining chicken. Then, on both chickens, push another skewer parallel to the first through skin of outstretched wing into breast, over the backbone, through breast, and out through skin of opposite wing.
- ☐ In a blender or food processor, whirl garlic, onions, ginger, coriander, pepper, and fish sauce until a coarse paste. Rub paste all over chickens.
- ☐ Prepare barbecue for indirect heat. If using charcoal briquets, mound and ignite 60 briquets on the firegrate of a barbecue with a lid. When briquets are dotted with gray ash, in 15 to 20 minutes, push equal amounts to opposite sides of firegrate.
- ☐ Add 5 more briquets to each mound of coals now and every 30 minutes while cooking. Set a drip pan on firegrate between coals. If using a gas barbecue, turn all burners to high and close lid for 10 minutes. Adjust burners for indirect cooking (no heat down center) and keep on high.
- ☐ Set barbecue grill in place.
- ☐ Lay chickens, skin up, on grill. Cook until meat at thighbone is no longer pink (cut to test), about 1 1/4 hours.
- ☐ Pull skewers from chickens, cut chickens into pieces, and serve with Thai chili sauce.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:1.12, Inflammation Score:-10, Nutrition Score:33.564782795699%

Flavonoids

Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 845.1kcal (42.25%), Fat: 59.24g (91.14%), Saturated Fat: 16.87g (105.44%), Carbohydrates: 6.81g (2.27%), Net Carbohydrates: 5.78g (2.1%), Sugar: 1.63g (1.81%), Cholesterol: 328.34mg (109.45%), Sodium: 1472.86mg (64.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.05g (134.11%), Vitamin B3: 25.12mg (125.6%), Vitamin B6: 1.41mg (70.36%), Vitamin A: 3382.35IU (67.65%), Selenium: 47.12µg (67.32%), Phosphorus: 655.22mg (65.52%), Vitamin B12: 3.85µg (64.16%), Vitamin B2: 0.69mg (40.44%), Vitamin B5: 3.98mg (39.82%), Zinc: 5.11mg (34.08%), Iron: 5.86mg (32.58%), Folate: 115.84µg (28.96%), Magnesium: 107.15mg (26.79%), Potassium: 904.66mg (25.85%), Vitamin K: 27.1µg (25.81%), Manganese: 0.38mg (19.01%), Vitamin C: 15.32mg (18.57%), Vitamin B1: 0.26mg (17.2%), Copper: 0.3mg (14.9%), Calcium: 76.12mg (7.61%), Fiber: 1.03g (4.12%), Vitamin E: 0.19mg (1.24%)