



Barbequed Thai Style Chicken



Gluten Free



Dairy Free

READY IN



255 min.

SERVINGS



6

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound meat from a rotisserie chicken cut into pieces
- ☐ 0.3 cup coconut milk
- ☐ 1 teaspoon curry powder
- ☐ 3 tablespoons fish sauce
- ☐ 1 bunch cilantro leaves fresh with roots
- ☐ 3 cloves garlic peeled
- ☐ 1 teaspoon ground turmeric
- ☐ 3 small chile peppers red hot seeded chopped

- ☐ 1 pinch salt
- ☐ 1 tablespoon sugar white

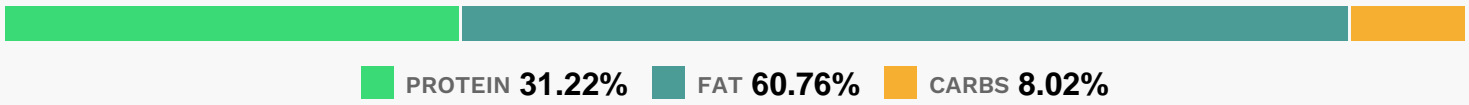
Equipment

- ☐ food processor
- ☐ blender
- ☐ grill

Directions

- ☐ Cut cilantro roots off at the stem, and mince thoroughly. Set aside a few leaves for garnish. In a blender or food processor, combine cilantro roots and leaves, garlic, chile peppers, turmeric, curry powder, sugar, and salt. Process to a coarse paste.
- ☐ Pour in fish sauce, and blend until smooth.
- ☐ Place chicken in a large shallow dish. Rub with the cilantro paste. Cover, and marinate in the refrigerator at least 3 hours, or overnight.
- ☐ Preheat grill for high heat.
- ☐ Lightly oil the grill grate.
- ☐ Place chicken on the prepared grill, and brush liberally with coconut milk. Grill chicken 8 to 15 minutes on each side, depending on the size of the pieces. Turn only once, and baste occasionally with coconut cream. Cook until browned and tender, and juices run clear.

Nutrition Facts



Properties

Glycemic Index:47.35, Glycemic Load:2.55, Inflammation Score:-10, Nutrition Score:12.182174008826%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 277.26kcal (13.86%), Fat: 18.6g (28.62%), Saturated Fat: 6.5g (40.64%), Carbohydrates: 5.52g (1.84%), Net Carbohydrates: 4.93g (1.79%), Sugar: 3.56g (3.96%), Cholesterol: 81.65mg (27.22%), Sodium: 793.6mg (34.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.51g (43.01%), Vitamin C: 35.17mg (42.63%), Vitamin B3: 8.01mg (40.03%), Vitamin B6: 0.56mg (28.18%), Selenium: 16.92µg (24.17%), Phosphorus: 184.36mg (18.44%), Magnesium: 49.24mg (12.31%), Manganese: 0.23mg (11.37%), Vitamin B5: 1.08mg (10.77%), Zinc: 1.61mg (10.72%), Iron: 1.88mg (10.44%), Potassium: 351.4mg (10.04%), Vitamin B2: 0.16mg (9.47%), Vitamin A: 461.08IU (9.22%), Vitamin K: 9.32µg (8.88%), Vitamin B12: 0.38µg (6.34%), Vitamin B1: 0.09mg (5.99%), Copper: 0.12mg (5.96%), Folate: 19.13µg (4.78%), Vitamin E: 0.6mg (4%), Calcium: 26.53mg (2.65%), Fiber: 0.59g (2.35%), Vitamin D: 0.22µg (1.45%)