



Chicken and Ginger Clay Pot

 **Gluten Free**  **Dairy Free**

READY IN



180 min.

SERVINGS



6

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 3 tablespoons t brown sugar dark packed
- 2 tablespoons fish sauce
- 1 leaves cilantro leaves fresh for garnish
- 2 ounces ginger fresh peeled thinly sliced (1 [5-inch] piece)
- 4 medium garlic clove thinly sliced
- 6 servings kosher salt
- 2 tablespoons juice of lime freshly squeezed (from 1 medium lime)

- 1 cup chicken broth low-sodium
- 1 medium onion red thinly sliced
- 4 pounds chicken thighs bone-in skinless
- 3 tablespoons soya sauce
- 3 star anise
- 2 thai chile red halved lengthwise
- 3 tablespoons water

Equipment

- pot
- dutch oven

Directions

- Place the brown sugar and water in a large clay pot or Dutch oven with a tightfitting lid over medium-high heat, stirring until the sugar dissolves. Bring to a boil; add the ginger, garlic, soy sauce, fish sauce, lime juice, star anise, and chiles; and stir to combine.
- Remove the pot from the heat and let cool to room temperature, about 30 minutes.
- Add the chicken pieces and turn to coat in the marinade.
- Let sit at room temperature uncovered for 1 hour, or cover and marinate in the refrigerator for up to 24 hours. If covered, uncover the pot and place it over high heat.
- Add the chicken broth and onion and bring to a boil. Reduce the heat to low, cover, and simmer until the chicken is tender, about 1 hour.
- Remove the chicken to a serving plate. Increase the heat to medium and simmer vigorously until the sauce has slightly darkened in color and has reduced by about a third, about 5 minutes. Taste and season with salt and pepper as needed.
- Garnish the chicken with cilantro and serve with the sauce and steamed rice.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.87, Inflammation Score:-4, Nutrition Score:17.075652112132%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 274kcal (13.7%), Fat: 7.89g (12.14%), Saturated Fat: 1.97g (12.34%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 11.21g (4.08%), Sugar: 7.34g (8.15%), Cholesterol: 172.37mg (57.46%), Sodium: 1345.51mg (58.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.63g (75.26%), Selenium: 42.18µg (60.25%), Vitamin B3: 11.31mg (56.57%), Vitamin B6: 0.93mg (46.3%), Phosphorus: 378.63mg (37.86%), Vitamin B5: 2.29mg (22.93%), Vitamin B2: 0.36mg (21.41%), Vitamin B12: 1.23µg (20.49%), Zinc: 2.97mg (19.82%), Potassium: 615.38mg (17.58%), Magnesium: 64.95mg (16.24%), Vitamin B1: 0.19mg (12.55%), Iron: 2.18mg (12.13%), Manganese: 0.2mg (9.96%), Copper: 0.18mg (9.24%), Vitamin C: 6.56mg (7.95%), Vitamin K: 6.23µg (5.94%), Folate: 17.48µg (4.37%), Calcium: 41.62mg (4.16%), Fiber: 0.75g (3.01%), Vitamin E: 0.38mg (2.53%), Vitamin A: 72.45IU (1.45%)