



Cook the Book: Thai Chicken Karaage



Gluten Free



Dairy Free

READY IN



1440 min.

SERVINGS



2

CALORIES



1276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings canola oil for frying
- ☐ 1 cup sriracha such as mae ploy brand
- ☐ 1 cup cornstarch
- ☐ 1 cup fish sauce
- ☐ 6 basil fresh
- ☐ 12 cilantro leaves fresh
- ☐ 6 mint leaves fresh
- ☐ 1 head cloves separated minced

- ☐ 2 jalapeno thinly sliced
- ☐ 0.3 onion thinly sliced
- ☐ 2 servings salt
- ☐ 6 chicken thighs diced boneless skinless
- ☐ 1 cup sugar
- ☐ 4 thai chile coarsely chopped
- ☐ 1 cup vinegar white

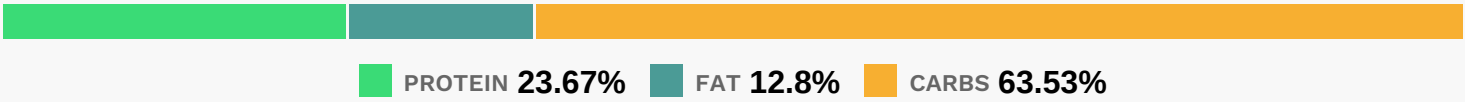
Equipment

- ☐ mixing bowl
- ☐ pot
- ☐ sieve
- ☐ slotted spoon
- ☐ tongs
- ☐ colander

Directions

- ☐ To make the brine, combine all of the ingredients. Set aside 1 cup of the brine for use later.
- ☐ Add the chicken thighs to the remaining brine, cover, and refrigerate for 24 hours.
- ☐ Remove the chicken from the brine and place the pieces in a strainer or colander, letting the excess brine drain off. Discard the brine.
- ☐ Pour enough oil into a deep pot or countertop fryer to cover the chicken and heat to 370°F. Dust the chicken generously with cornstarch and fry until golden brown. Use tongs to turn the pieces for even browning.
- ☐ Remove the chicken from the fryer with tongs or a slotted spoon and transfer to a large mixing bowl.
- ☐ Add the onion, jalapeños, the reserved 1 cup brine, and the chile sauce, toss to coat, and season with salt to taste.
- ☐ Garnish with the cilantro, mint, and basil and serve.

Nutrition Facts



Properties

Glycemic Index:140.55, Glycemic Load:70.33, Inflammation Score:-9, Nutrition Score:41.849565298661%

Flavonoids

Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.73mg, Quercetin: 10.73mg, Quercetin: 10.73mg, Quercetin: 10.73mg

Nutrients (% of daily need)

Calories: 1276.24kcal (63.81%), Fat: 17.34g (26.67%), Saturated Fat: 3.76g (23.48%), Carbohydrates: 193.64g (64.55%), Net Carbohydrates: 186.8g (67.93%), Sugar: 126.17g (140.19%), Cholesterol: 322.05mg (107.35%), Sodium: 15431.87mg (670.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.16g (144.32%), Selenium: 90.5µg (129.29%), Vitamin B3: 22.07mg (110.34%), Vitamin B6: 2.09mg (104.27%), Magnesium: 296.73mg (74.18%), Phosphorus: 675mg (67.5%), Vitamin K: 58.22µg (55.45%), Vitamin B12: 2.73µg (45.44%), Vitamin C: 37.16mg (45.05%), Manganese: 0.88mg (43.97%), Vitamin B5: 4.35mg (43.53%), Vitamin B2: 0.73mg (43.15%), Potassium: 1334.57mg (38.13%), Zinc: 5.62mg (37.48%), Fiber: 6.85g (27.39%), Vitamin A: 1318.52IU (26.37%), Iron: 4.61mg (25.59%), Vitamin B1: 0.35mg (23.2%), Folate: 92.29µg (23.07%), Copper: 0.36mg (18.01%), Vitamin E: 2mg (13.33%), Calcium: 116.98mg (11.7%)