



Creamy Cilantro Chicken with a Kick

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons ginger root fresh minced
- ☐ 2 cloves garlic minced
- ☐ 2 teaspoons lime zest grated
- ☐ 2 serrano peppers finely chopped
- ☐ 4 chicken thighs boneless skinless
- ☐ 2 tablespoons soya sauce
- ☐ 0.8 cup coconut milk unsweetened

☐ 1 tablespoon sugar white

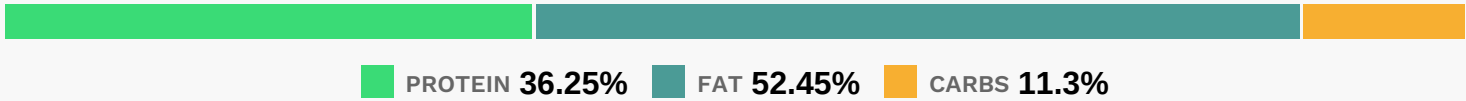
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ broiler

Directions

- ☐ In a blender or large food processor, combine the garlic, serrano peppers, ginger, cilantro, lime zest, soy sauce, sugar and coconut milk. Process until smooth.
- ☐ Place the chicken into a large resealable bag, and pour the liquid from the blender in with it. Seal, and refrigerate for about 1 hour, turning once after 30 minutes.
- ☐ Preheat the oven's broiler.
- ☐ Place the chicken onto a broiling pan, and pour the marinade into a saucepan.
- ☐ Broil the chicken for about 10 minutes on each side, until browned and the juices run clear. While the chicken is cooking, bring the marinade to a boil. Simmer over medium heat for about 5 minutes, then remove from the heat.
- ☐ Place chicken onto a serving plate, and pour the sauce over it to serve.

Nutrition Facts



Properties

Glycemic Index:48.52, Glycemic Load:2.41, Inflammation Score:-3, Nutrition Score:13.096087030742%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.57mg,

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Nutrients (% of daily need)

Calories: 261.67kcal (13.08%), Fat: 15.43g (23.74%), Saturated Fat: 10.67g (66.69%), Carbohydrates: 7.48g (2.49%), Net Carbohydrates: 6.12g (2.23%), Sugar: 4.87g (5.42%), Cholesterol: 107.35mg (35.78%), Sodium: 612.04mg (26.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24g (48%), Selenium: 28.69µg (40.99%), Vitamin B3: 7.12mg (35.58%), Vitamin B6: 0.58mg (28.92%), Phosphorus: 273.83mg (27.38%), Manganese: 0.52mg (26.13%), Vitamin B5: 1.51mg (15.08%), Zinc: 2.11mg (14.04%), Vitamin B2: 0.22mg (13.12%), Potassium: 455.47mg (13.01%), Magnesium: 49.36mg (12.34%), Vitamin B12: 0.72µg (12.05%), Iron: 1.97mg (10.95%), Copper: 0.22mg (10.84%), Vitamin K: 9.91µg (9.44%), Vitamin B1: 0.13mg (8.39%), Fiber: 1.36g (5.43%), Vitamin C: 4.08mg (4.95%), Folate: 15.78µg (3.94%), Vitamin A: 190.82IU (3.82%), Calcium: 24.48mg (2.45%), Vitamin E: 0.35mg (2.36%)