



Grilled Chicken Thighs with Thai Basil Salad



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup basil sweet packed
- ☐ 0.3 cup cilantro leaves packed
- ☐ 1 tablespoon sesame oil dark
- ☐ 2 cups cucumber english shaved halved
- ☐ 1 tablespoon fish sauce divided
- ☐ 1 large garlic clove minced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon soy sauce

- ☐ 0.3 cup shallots very thinly sliced
- ☐ 1 pound chicken thighs boneless skinless
- ☐ 2 teaspoons sugar divided
- ☐ 2 cups thai basil packed

Equipment

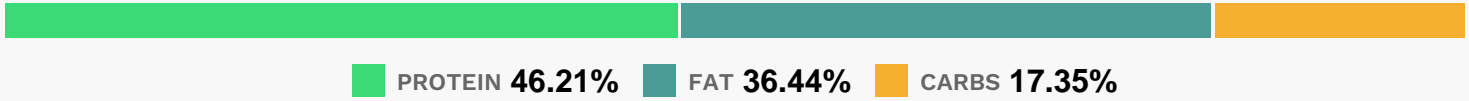
- ☐ bowl
- ☐ knife
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Preheat grill to high heat.
- ☐ Combine 1 teaspoon fish sauce, soy sauce, and 1 teaspoon sugar in a large zip-top plastic bag.
- ☐ Add chicken; seal bag, and shake to coat.
- ☐ Let stand at room temperature 15 minutes.
- ☐ While chicken marinates, mash garlic with flat side of a knife to form a paste; place in a bowl.
- ☐ Add remaining 2 teaspoons fish sauce, remaining 1 teaspoon sugar, lime juice, oil, and chiles to garlic, stirring well; let stand at room temperature 15 minutes.
- ☐ Remove chicken from bag.
- ☐ Place chicken on a grill rack coated with cooking spray; grill 3 minutes on each side or until chicken is done.
- ☐ Remove chicken from grill.
- ☐ Let stand for 5 minutes.
- ☐ Cut chicken into slices.
- ☐ Place Thai basil leaves, cucumber, sweet basil leaves, cilantro leaves, and shallots in a large bowl; toss gently to combine. Divide salad and chicken evenly among 4 plates; drizzle evenly with dressing.
- ☐ Wine note: German riesling, like the Mosel River Valley's Clean Slate Riesling, 2011 (\$10), is a perfect pairing for many Asian dishes, especially spicy ones like Grilled Chicken Thighs with

Thai Basil Salad. Its low alcohol and subtle sweetness soothe any heat, while brisk citrus and peach flavors beautifully complement assertive herbs like the basil and cilantro used here. -- Jordan Mackay

Nutrition Facts



Properties

Glycemic Index:75.52, Glycemic Load:2.41, Inflammation Score:-7, Nutrition Score:17.817391312641%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 206.87kcal (10.34%), Fat: 8.39g (12.9%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 8.98g (2.99%), Net Carbohydrates: 7.69g (2.8%), Sugar: 4.8g (5.33%), Cholesterol: 107.73mg (35.91%), Sodium: 603.21mg (26.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.94g (47.87%), Vitamin K: 91.34µg (86.99%), Selenium: 26.64µg (38.06%), Vitamin B3: 6.77mg (33.83%), Vitamin B6: 0.66mg (32.98%), Phosphorus: 256.24mg (25.62%), Vitamin A: 1126.44IU (22.53%), Manganese: 0.37mg (18.53%), Vitamin B5: 1.63mg (16.3%), Magnesium: 60.27mg (15.07%), Vitamin B2: 0.25mg (14.83%), Potassium: 519.02mg (14.83%), Zinc: 2.11mg (14.1%), Vitamin B12: 0.75µg (12.46%), Vitamin C: 9.14mg (11.08%), Iron: 1.99mg (11.07%), Vitamin B1: 0.14mg (9.36%), Copper: 0.18mg (9.15%), Folate: 32.77µg (8.19%), Calcium: 64.14mg (6.41%), Fiber: 1.29g (5.16%), Vitamin E: 0.49mg (3.25%)