



## Grilled Chicken with Spicy Brazilian Tomato and Coconut Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 pounds chicken quartered
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 4 tablespoons cooking oil
- ☐ 1 tablespoon ginger fresh minced
- ☐ 3 cloves garlic minced
- ☐ 4 servings pepper black
- ☐ 2 jalapeno minced

- ☐ 1 onion chopped
- ☐ 0.8 teaspoon salt
- ☐ 1.3 cups canned tomatoes thick canned crushed
- ☐ 1 cup coconut milk unsweetened canned

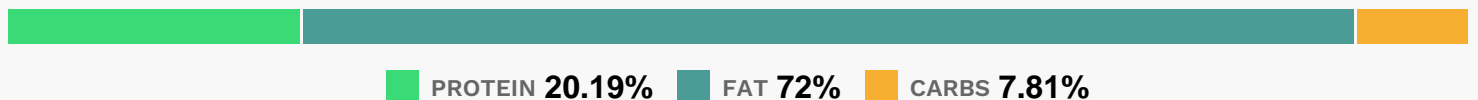
## Equipment

- ☐ sauce pan
- ☐ grill

## Directions

- ☐ Light the grill. In a shallow dish, combine 3 tablespoons of the oil with two-thirds of the minced garlic. Coat the chicken with half of the garlic oil and season with 1/4 teaspoon of the salt and 1/8 teaspoon pepper. Grill the chicken over moderately high heat, basting with the remaining garlic oil, until just done, about 10 minutes per side for the breasts, 13 for the legs.
- ☐ Meanwhile, in a medium saucepan, heat the remaining 1 tablespoon oil over moderately low heat.
- ☐ Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the remaining garlic, the ginger, and the jalapeos, and cook, stirring, for 1 minute longer.
- ☐ Add the tomatoes, the coconut milk, the remaining 1/2 teaspoon salt, and a pinch of pepper. Bring to a simmer and cook, stirring occasionally, until thickened, about 5 minutes. Stir in the cilantro and serve with the chicken.
- ☐ Menu Suggestions: Rice and beans or refried beans are typical Brazilian side dishes that taste especially good with chicken.
- ☐ Wine Recommendation: This spicy dish will demolish any subtlety in a wine. Go for something straightforward and gulpable: a fresh white wine such as a pinot bianco from northern Italy, a slightly chilled red such as Beaujolais from France, or a beer.

## Nutrition Facts



## Properties

Glycemic Index:51.5, Glycemic Load:2.46, Inflammation Score:-6, Nutrition Score:21.195652142815%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 655.12kcal (32.76%), Fat: 53.17g (81.79%), Saturated Fat: 20.78g (129.9%), Carbohydrates: 12.99g (4.33%), Net Carbohydrates: 9.45g (3.44%), Sugar: 6.84g (7.6%), Cholesterol: 122.47mg (40.82%), Sodium: 661.19mg (28.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.54g (67.09%), Vitamin B3: 12.64mg (63.2%), Manganese: 0.82mg (40.88%), Selenium: 28.19µg (40.28%), Vitamin B6: 0.8mg (39.92%), Phosphorus: 338.33mg (33.83%), Vitamin E: 4.24mg (28.29%), Vitamin C: 22.43mg (27.19%), Potassium: 764.26mg (21.84%), Copper: 0.4mg (20.16%), Iron: 3.58mg (19.88%), Zinc: 2.84mg (18.91%), Magnesium: 75.33mg (18.83%), Vitamin B5: 1.88mg (18.81%), Vitamin K: 18.73µg (17.84%), Vitamin B2: 0.25mg (14.78%), Fiber: 3.53g (14.13%), Vitamin B1: 0.19mg (12.73%), Vitamin A: 481.46IU (9.63%), Folate: 36.74µg (9.19%), Vitamin B12: 0.51µg (8.44%), Calcium: 65.64mg (6.56%), Vitamin D: 0.33µg (2.18%)