



Grilled Coriander and Lime Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 kg chicken – into pieces whole chopped
- ☐ 2.5 Tbs fish sauce
- ☐ 50 g coriander fresh coarsely chopped (include stem and roots)
- ☐ 1 bulb garlic peeled
- ☐ 50 g ginger coarsely chopped
- ☐ 5 juice of lime to taste (2 cm in diameter each) (or)
- ☐ 2 stalks lemongrass coarsely chopped
- ☐ 1 chili red coarsely chopped

☐ 2 tsp sugar

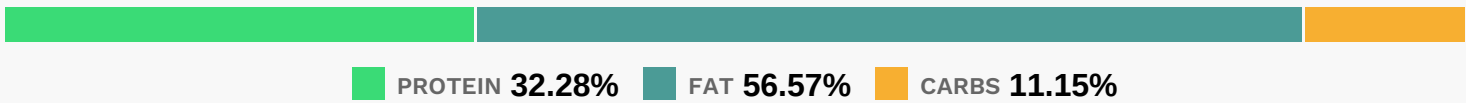
Equipment

☐ food processor

Directions

☐ Place all ingredients except the chicken into a food processor and blend until all ingredients are fairly finely processed. Season to taste.

Nutrition Facts



Properties

Glycemic Index:48.02, Glycemic Load:2.24, Inflammation Score:-8, Nutrition Score:19.847826055858%

Flavonoids

Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg Hesperetin: 3.36mg, Hesperetin: 3.36mg, Hesperetin: 3.36mg, Hesperetin: 3.36mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg

Nutrients (% of daily need)

Calories: 412.82kcal (20.64%), Fat: 25.88g (39.82%), Saturated Fat: 7.37g (46.07%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 10.54g (3.83%), Sugar: 4.06g (4.52%), Cholesterol: 127.5mg (42.5%), Sodium: 1011.86mg (43.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.24g (66.47%), Vitamin B3: 12.34mg (61.68%), Vitamin C: 34.62mg (41.97%), Vitamin K: 43.13µg (41.07%), Vitamin B6: 0.76mg (38.23%), Selenium: 25.97µg (37.1%), Manganese: 0.57mg (28.63%), Phosphorus: 279.75mg (27.97%), Vitamin A: 1209.22IU (24.18%), Magnesium: 72.59mg (18.15%), Potassium: 608.07mg (17.37%), Vitamin B5: 1.73mg (17.34%), Zinc: 2.59mg (17.27%), Vitamin B2: 0.26mg (15.39%), Iron: 2.69mg (14.95%), Vitamin B12: 0.58µg (9.68%), Copper: 0.19mg (9.53%), Folate: 37.05µg (9.26%), Vitamin B1: 0.14mg (9.25%), Vitamin E: 1.02mg (6.77%), Calcium: 46.99mg (4.7%), Fiber: 0.93g (3.74%), Vitamin D: 0.34µg (2.27%)