



Grilled Thai Chicken Thighs with Spicy Broccoli Slaw



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces broccoli slaw
- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons fish sauce
- ☐ 2 tablespoons ginger fresh minced
- ☐ 2 garlic clove minced
- ☐ 2 spring onion trimmed thinly sliced
- ☐ 2 stalks lemon grass fresh white minced

- ☐ 3 tablespoons soy sauce divided reduced-sodium
- ☐ 2 teaspoons mirin
- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 1 serrano chiles minced
- ☐ 2 tablespoons sherry vinegar
- ☐ 0.3 cup vegetable oil
- ☐ 2 pounds strips.

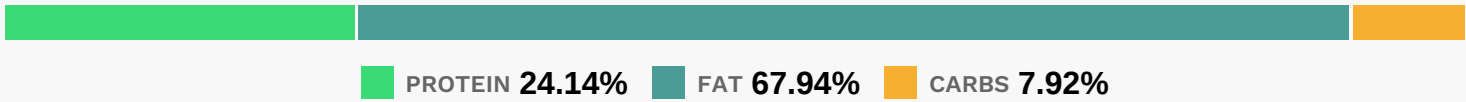
Equipment

- ☐ grill

Directions

- ☐ Heat grill to high (450 to 550).
- ☐ Mix fish sauce, sherry vinegar, 2 tbsp. soy sauce, the brown sugar, garlic, and lemongrass; add chicken and toss to coat.
- ☐ Mix remaining 1 tbsp. soy sauce, the rice vinegar, oil, mirin, ginger, and chile. Toss with broccoli slaw and green onions.
- ☐ Grill chicken, basting with marinade and turning once, until cooked, about 10 minutes.
- ☐ Serve chicken over slaw.
- ☐ *Find in the Asian-food aisle.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:0.21, Inflammation Score:-6, Nutrition Score:18.893913030624%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 455.82kcal (22.79%), Fat: 34.48g (53.05%), Saturated Fat: 8.2g (51.27%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 8.79g (3.19%), Sugar: 2.77g (3.08%), Cholesterol: 148.17mg (49.39%), Sodium: 906.06mg (39.39%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 27.56g (55.13%), Vitamin C: 54.66mg (66.25%), Selenium: 30.83µg (44.05%), Vitamin B3: 7.73mg (38.66%), Vitamin B6: 0.67mg (33.69%), Phosphorus: 299.96mg (30%), Vitamin K: 28.3µg (26.95%), Manganese: 0.5mg (25%), Vitamin B5: 1.89mg (18.93%), Vitamin B2: 0.3mg (17.78%), Potassium: 608.32mg (17.38%), Vitamin B12: 1µg (16.61%), Magnesium: 64.63mg (16.16%), Zinc: 2.34mg (15.63%), Folate: 58.22µg (14.55%), Iron: 2.21mg (12.3%), Vitamin B1: 0.16mg (10.75%), Vitamin A: 395.09IU (7.9%), Vitamin E: 1.13mg (7.53%), Copper: 0.14mg (6.87%), Calcium: 54.99mg (5.5%), Fiber: 0.26g (1.06%), Vitamin D: 0.15µg (1.01%)