



Hoisin Chicken with Cucumber Salad

 **Gluten Free**  **Dairy Free**

READY IN

ready

50 min.

SERVINGS

servings

4

CALORIES

calories

416 kcal

SAUCE

Ingredients

- ☐ 1 cucumber seedless thinly sliced
- ☐ 1 piece ginger fresh sliced
- ☐ 5 cloves garlic
- ☐ 0.8 cup hoisin sauce
- ☐ 1 jalapeno stemmed halved for less heat (remove seeds)
- ☐ 2 juice of lime for garnish
- ☐ 4 servings kosher salt
- ☐ 4 servings kosher salt and pepper freshly ground

- ☐ 0.5 onion red thinly sliced
- ☐ 0.5 cup rice vinegar
- ☐ 2 tablespoons rice vinegar
- ☐ 3 scallions coarsely chopped
- ☐ 2 pounds skin-on chicken thighs and drumsticks (separate pieces)
- ☐ 2 tablespoons sugar

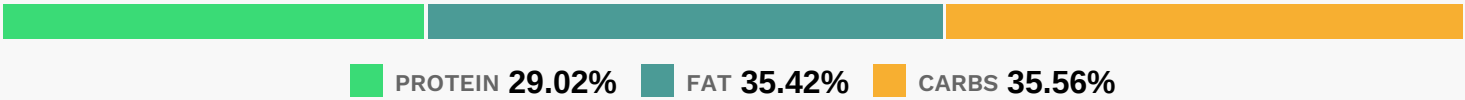
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ grill

Directions

- ☐ Prepare the chicken: Preheat a grill to medium on one side.
- ☐ Combine the hoisin sauce, scallions, garlic, ginger, jalapeno, lime zest and juice, vinegar, and salt and pepper to taste in a mini food processor or blender; process until almost smooth. Season the chicken with salt; toss with the hoisin mixture in a large bowl.
- ☐ Make the salad: Bring the vinegar, sugar and 1 1/2 teaspoons salt to a boil in a small saucepan, stirring.
- ☐ Remove from the heat; stir in 1/4 cup ice cubes until melted. Toss the cucumber and red onion in a serving bowl with the vinegar mixture; place in the refrigerator.
- ☐ Grill the chicken over direct heat until the skin is crisp, 5 minutes per side, basting with extra marinade.
- ☐ Transfer to the cooler side of the grill; cover and grill until cooked through, 10 to 15 more minutes.
- ☐ Serve with the cucumber salad and lime wedges.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:84.52, Glycemic Load:5.27, Inflammation Score:-5, Nutrition Score:17.317826115567%

Flavonoids

Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 415.65kcal (20.78%), Fat: 16.06g (24.71%), Saturated Fat: 4.06g (25.4%), Carbohydrates: 36.29g (12.1%), Net Carbohydrates: 33.54g (12.2%), Sugar: 22.49g (24.99%), Cholesterol: 141.34mg (47.11%), Sodium: 1386.42mg (60.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.6g (59.21%), Selenium: 31.59µg (45.12%), Vitamin B3: 8.19mg (40.96%), Vitamin K: 35.81µg (34.1%), Vitamin B6: 0.66mg (32.81%), Phosphorus: 307.61mg (30.76%), Vitamin B2: 0.41mg (24.2%), Zinc: 3.36mg (22.41%), Vitamin B5: 1.88mg (18.81%), Manganese: 0.34mg (17.11%), Potassium: 596.54mg (17.04%), Vitamin C: 13.04mg (15.81%), Magnesium: 58.85mg (14.71%), Vitamin B12: 0.84µg (13.93%), Copper: 0.23mg (11.4%), Vitamin B1: 0.17mg (11.25%), Iron: 2.01mg (11.14%), Fiber: 2.75g (11%), Folate: 32.01µg (8%), Calcium: 66.49mg (6.65%), Vitamin A: 284.31IU (5.69%), Vitamin E: 0.66mg (4.4%), Vitamin D: 0.15µg (1.01%)