



## Nong's Khao Man Gai Chicken

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

READY IN



**105 min.**

SERVINGS



**6**

CALORIES



**554 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups chicken broth
- 1 tablespoon coconut oil
- 1 cup ginger root fresh chopped
- 1 head pickled garlic
- 1 tablespoon garlic chopped
- 0.3 cup ginger peeled roughly chopped
- 2 cups jasmine rice uncooked
- 1 teaspoon salt

- 1 tablespoon shallots chopped
- 0.3 cup soya sauce thin
- 0.5 cup fermented soybeans
- 1 tablespoon sugar
- 4 thai chile peppers red
- 2 quarts water
- 0.3 cup vinegar white
- 3 pound meat from a rotisserie chicken whole

## Equipment

- food processor
- pot
- blender
- rice cooker

## Directions

- Boil water in a large pot.
- Place chicken, garlic, ginger, salt, and sugar in the pot. Return to boil and let simmer for 35 minutes.
- Remove chicken, cover to keep warm, and set aside.
- Heat coconut oil in a rice cooker or heavy-bottomed pot with lid; cook and stir garlic, shallots, ginger, and pandan leaves until golden and aromatic.
- Pour rice into the rice cooker or pot; stir to coat with oil. Stir in chicken broth and set the rice cooker cycle. If using a pot, bring rice to a boil, cover, reduce heat to low, and simmer 15 minutes.
- Combine ginger, red Thai chilies, fermented soybeans, pickled garlic, white vinegar, and soy sauce in a food processor or blender. Pulse until liquefied, but not smooth in texture.
- Debone chicken and cut into 1-inch pieces.
- Place chicken pieces over cooked rice to serve. Top with sauce (or serve sauce on the side) and garnish with cucumbers and cilantro. Enjoy!

# Nutrition Facts

PROTEIN 21.78% FAT 34.24% CARBS 43.98%

## Properties

Glycemic Index:59.01, Glycemic Load:32.39, Inflammation Score:-5, Nutrition Score:16.942173833432%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 554.06kcal (27.7%), Fat: 20.78g (31.97%), Saturated Fat: 6.97g (43.59%), Carbohydrates: 60.05g (20.02%), Net Carbohydrates: 57.65g (20.96%), Sugar: 3.72g (4.13%), Cholesterol: 83.21mg (27.74%), Sodium: 1531.64mg (66.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.74g (59.48%), Manganese: 1.08mg (53.89%), Vitamin B3: 9.35mg (46.76%), Selenium: 27.57µg (39.38%), Vitamin B6: 0.66mg (33.07%), Phosphorus: 304.87mg (30.49%), Copper: 0.4mg (19.91%), Vitamin B5: 1.78mg (17.82%), Magnesium: 70.28mg (17.57%), Zinc: 2.56mg (17.09%), Vitamin B2: 0.28mg (16.7%), Iron: 2.86mg (15.86%), Potassium: 517.27mg (14.78%), Vitamin C: 9.91mg (12.01%), Vitamin B1: 0.17mg (11.66%), Fiber: 2.4g (9.6%), Calcium: 75.42mg (7.54%), Folate: 25.08µg (6.27%), Vitamin B12: 0.35µg (5.89%), Vitamin K: 4.88µg (4.65%), Vitamin E: 0.55mg (3.69%), Vitamin A: 179.45IU (3.59%), Vitamin D: 0.22µg (1.45%)