



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

- 3 pandan leaves
- 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 21.77% **FAT 34.23%** **CARBS 44%**

Properties

Glycemic Index:59.01, Glycemic Load:32.39, Inflammation Score:-5, Nutrition Score:16.97000002861%

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: 554.22kcal (27.71%), Fat: 20.78g (31.97%), Saturated Fat: 6.98g (43.6%), Carbohydrates: 60.09g (20.03%), Net Carbohydrates: 57.68g (20.97%), Sugar: 3.72g (4.13%), Cholesterol: 83.21mg (27.74%), Sodium: 1531.65mg (66.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.74g (59.48%), Manganese: 1.08mg (54.09%), Vitamin B3: 9.35mg (46.77%), Selenium: 27.57µg (39.38%), Vitamin B6: 0.66mg (33.11%), Phosphorus: 304.93mg (30.49%), Copper: 0.4mg (19.92%), Vitamin B5: 1.78mg (17.82%), Magnesium: 70.34mg (17.59%), Zinc: 2.56mg (17.1%), Vitamin B2: 0.28mg (16.71%), Iron: 2.88mg (15.98%), Potassium: 517.54mg (14.79%), Vitamin C: 9.93mg (12.04%), Vitamin B1: 0.17mg (11.66%), Fiber: 2.41g (9.66%), Calcium: 75.84mg (7.58%), Folate: 25.17µg (6.29%), Vitamin B12: 0.35µg (5.89%), Vitamin K: 4.88µg (4.65%), Vitamin E: 0.55mg (3.69%), Vitamin A: 182.54IU (3.65%), Vitamin D: 0.22µg (1.45%)