



Rice Vermicelli with Chicken and Nuoc Cham

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



528 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups basil fresh sweet divided
- ☐ 1 pepper flakes red with seeds, finely chopped
- ☐ 0.3 cup fish sauce (such as nam pla or nuoc nam)
- ☐ 1 small garlic clove finely grated
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons brown sugar light
- ☐ 0.3 cup juice of lime fresh
- ☐ 4 radishes trimmed thinly sliced into rounds

- ☐ 8 ounces vermicelli
- ☐ 1 large shallots separated thinly sliced
- ☐ 1.5 pound chicken breast bone-in (2)
- ☐ 4 turnip white trimmed thinly sliced into rounds
- ☐ 0.5 cup vegetable oil

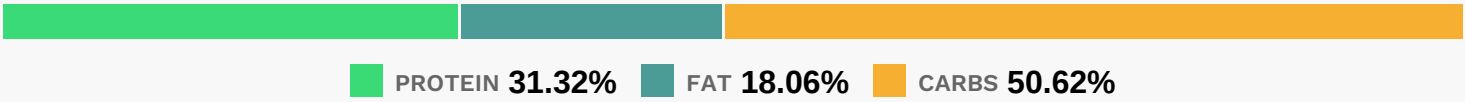
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ grill
- ☐ slotted spoon

Directions

- ☐ Prepare grill for medium heat. Season chicken with salt and grill, turning often and moving away from direct heat if needed, until cooked through and an instant-read thermometer inserted into the center registers 165°, 20–25 minutes.
- ☐ Transfer chicken to a plate.
- ☐ Let cool slightly, then shred meat, discarding skin and bones. Set aside.
- ☐ Cook shallot in oil in a small saucepan over medium heat, stirring occasionally, until shallot is golden brown and crisp, 8–10 minutes (reserve shallot oil and use to make vinaigrettes). Using a slotted spoon, transfer shallot rings to a paper towel-lined plate and season with salt. Set aside.
- ☐ Meanwhile, place noodles in a large bowl and add boiling water to cover.
- ☐ Let noodles soak until tender but not mushy, 5–10 minutes; drain. Rinse under cold water and drain well.
- ☐ Mix chile, garlic, lime juice, fish sauce, and brown sugar in a large bowl to combine.
- ☐ Add noodles, turnips, radishes, half of basil, and reserved shredded chicken, and toss to combine. Top with reserved fried shallot rings and remaining basil.
- ☐ DO AHEAD: Shallot rings can be fried 3 days in advance. Store airtight at room temperature. Dressing can be made 2 days ahead.

Nutrition Facts



Properties

Glycemic Index:84.5, Glycemic Load:31.76, Inflammation Score:-8, Nutrition Score:29.326521889023%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 528.38kcal (26.42%), Fat: 10.43g (16.05%), Saturated Fat: 1.91g (11.93%), Carbohydrates: 65.82g (21.94%), Net Carbohydrates: 62.04g (22.56%), Sugar: 12.52g (13.91%), Cholesterol: 108.86mg (36.29%), Sodium: 1720.18mg (74.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.71g (81.42%), Vitamin B3: 18.97mg (94.87%), Selenium: 65.55µg (93.64%), Vitamin B6: 1.56mg (78.22%), Vitamin C: 52.9mg (64.12%), Phosphorus: 496.55mg (49.65%), Vitamin K: 49.65µg (47.28%), Manganese: 0.67mg (33.55%), Potassium: 1048.74mg (29.96%), Vitamin B5: 2.82mg (28.17%), Magnesium: 102.23mg (25.56%), Fiber: 3.78g (15.11%), Vitamin B2: 0.25mg (14.58%), Copper: 0.27mg (13.42%), Vitamin B1: 0.2mg (13.26%), Vitamin A: 645.3IU (12.91%), Zinc: 1.93mg (12.87%), Folate: 48.13µg (12.03%), Iron: 2.07mg (11.51%), Calcium: 91.64mg (9.16%), Vitamin B12: 0.41µg (6.83%), Vitamin E: 1mg (6.68%), Vitamin D: 0.17µg (1.13%)