



Roasted Lemongrass Chicken

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

READY IN



45 min.

SERVINGS



4

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound chicken quartered
- 1 teaspoon sriracha
- 5 tablespoons fish sauce divided (such as nuoc nam or nam pla)
- 1 garlic clove chopped
- 0.5 teaspoon pepper black
- 2 lemon grass fresh thick finely chopped
- 1 tablespoon juice of lime fresh
- 2 tablespoons oyster sauce

- 2 tablespoons shallots chopped
- 2 tablespoons sugar divided
- 0.3 cup vegetable oil
- 0.5 cup water

Equipment

- bowl
- frying pan
- oven
- whisk
- kitchen thermometer

Directions

- Preheat oven to 350°F.
- Whisk 1/4 cup oil, 3 tablespoons fish sauce, 1 tablespoon sugar, and next 6 ingredients in large bowl.
- Add chicken; turn to coat. Marinate at room temperature 1 hour.
- Heat remaining 1 tablespoon oil in 12-inch ovenproof skillet over medium-high heat.
- Add chicken, skin side down, to skillet (reserve marinade in bowl). Cook 4 minutes. Turn chicken, add reserved marinade to skillet, and transfer to oven. Roast until thermometer inserted into thickest part of thigh registers 175°F, about 25 minutes.
- Transfer chicken to plate.
- Add 1/2 cup water, lime juice, remaining 2 tablespoons fish sauce, and remaining 1 tablespoon sugar to skillet. Bring to boil.
- Remove from heat, spoon fat from surface, and strain pan juices into small pitcher.
- Serve chicken with pan juices.
- *Available in the Asian foods section of many supermarkets and at Asian markets.
- **Available in the produce section of many supermarkets and at Asian markets.

Nutrition Facts



■ PROTEIN 24.86% ■ FAT 67.15% ■ CARBS 7.99%

Properties

Glycemic Index:40.52, Glycemic Load:4.49, Inflammation Score:-5, Nutrition Score:14.883478242418%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 517.3kcal (25.86%), Fat: 38.29g (58.91%), Saturated Fat: 9.13g (57.05%), Carbohydrates: 10.26g (3.42%), Net Carbohydrates: 9.93g (3.61%), Sugar: 7.49g (8.32%), Cholesterol: 122.47mg (40.82%), Sodium: 2190.21mg (95.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.89g (63.78%), Vitamin B3: 11.81mg (59.04%), Selenium: 26.19µg (37.42%), Vitamin B6: 0.69mg (34.64%), Vitamin K: 27.99µg (26.66%), Phosphorus: 251.19mg (25.12%), Magnesium: 76.15mg (19.04%), Vitamin B5: 1.54mg (15.42%), Zinc: 2.29mg (15.24%), Manganese: 0.28mg (13.94%), Vitamin B2: 0.23mg (13.37%), Potassium: 423.9mg (12.11%), Iron: 1.97mg (10.95%), Vitamin B12: 0.65µg (10.85%), Vitamin E: 1.62mg (10.79%), Vitamin B1: 0.11mg (7.26%), Folate: 26.64µg (6.66%), Copper: 0.13mg (6.28%), Vitamin C: 4.56mg (5.53%), Vitamin A: 234.97IU (4.7%), Calcium: 37.93mg (3.79%), Vitamin D: 0.33µg (2.18%), Fiber: 0.33g (1.33%)