



Soi Polo Chicken Thighs

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 4 servings canola oil
- ☐ 2 tablespoons sesame oil dark
- ☐ 1 cup flour all-purpose
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh chopped
- ☐ 5 cloves garlic thinly sliced
- ☐ 1 jalapeno thinly sliced

- ☐ 4 servings kosher salt and pepper black freshly ground to taste
- ☐ 3 tablespoons rice wine sweet
- ☐ 1.5 cups shallots thinly sliced (5 large)
- ☐ 1 cup soya sauce
- ☐ 3 lb skin-on

Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ dutch oven

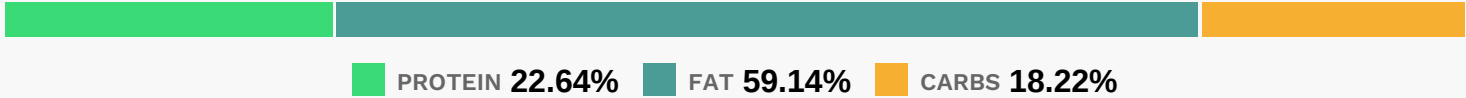
Directions

- ☐ Whisk together first 5 ingredients in a shallow dish or zip-top plastic freezer bag; add chicken, turning to coat. Cover or seal, and chill 30 minutes to 3 hours.
- ☐ Preheat oven to 37
- ☐ Lightly grease a 13- x 9-inch baking dish.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Place chicken, skin sides up, in prepared baking dish.
- ☐ Bake at 375 for 40 minutes or until done and skin is golden brown.
- ☐ Meanwhile, pour oil to a depth of 2 inches into a Dutch oven; heat over medium-high heat to 35
- ☐ Lightly dredge shallots in flour, shaking off excess. Fry shallots, in batches, 1 to 2 minutes or just until crispy.
- ☐ Drain on a paper towel-lined baking sheet. Repeat procedure with garlic and jalapeo pepper.
- ☐ Sprinkle shallots, garlic, and jalapeo pepper generously with salt and pepper to taste.
- ☐ Divide chicken among individual serving plates.

- ☐
- Sprinkle with shallots, garlic, jalapeo pepper, and cilantro.

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Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:21.73, Inflammation Score:-7, Nutrition Score:36.220434686412%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 1200.69kcal (60.03%), Fat: 78.01g (120.01%), Saturated Fat: 17.34g (108.37%), Carbohydrates: 54.08g (18.03%), Net Carbohydrates: 49.69g (18.07%), Sugar: 17g (18.89%), Cholesterol: 333.39mg (111.13%), Sodium: 3516.97mg (152.91%), Alcohol: 1.81g (100%), Alcohol %: 0.4% (100%), Protein: 67.18g (134.35%), Selenium: 76.57µg (109.39%), Vitamin B3: 20.21mg (101.06%), Vitamin B6: 1.67mg (83.55%), Phosphorus: 708.47mg (70.85%), Manganese: 0.91mg (45.3%), Vitamin B2: 0.72mg (42.19%), Vitamin B5: 4.12mg (41.21%), Vitamin B1: 0.59mg (39.61%), Vitamin B12: 2.18µg (36.29%), Iron: 6.35mg (35.26%), Potassium: 1198.78mg (34.25%), Zinc: 5.14mg (34.25%), Magnesium: 117.29mg (29.32%), Folate: 109.54µg (27.39%), Vitamin E: 3.46mg (23.05%), Copper: 0.4mg (19.94%), Vitamin K: 20.69µg (19.7%), Fiber: 4.39g (17.57%), Vitamin C: 12.59mg (15.26%), Calcium: 92.49mg (9.25%), Vitamin A: 327.76IU (6.56%), Vitamin D: 0.34µg (2.27%)