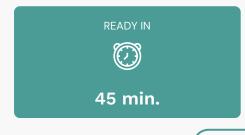


Soi Polo Chicken Thighs

airy Free







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				
Eq	uipment				
	baking sheet				
	paper towels				
	oven				
	whisk				
	baking pan				
	dutch oven				
Di	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.			
Serve immediately.			
Nutrition Facts			
	PROTEIN 22.64% FAT 59.14% CARBS 18.22%		

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, 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%)