



Southeast Asian Roast Chicken with Coconut Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



933 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup rice uncooked
- ☐ 0.5 cup cilantro leaves fresh whole
- ☐ 1 stick cinnamon 3-inch
- ☐ 2 tablespoons ginger fresh peeled chopped
- ☐ 2 garlic cloves peeled
- ☐ 8 julienne ginger fresh peeled
- ☐ 1 tablespoon lemongrass thinly sliced

- ☐ 14 ounce coconut milk light canned
- ☐ 3.8 pound roasting chickens
- ☐ 0.5 teaspoon salt
- ☐ 0.5 thai bird chile seeded chopped
- ☐ 1 cup water
- ☐ 1 tablespoon water

Equipment

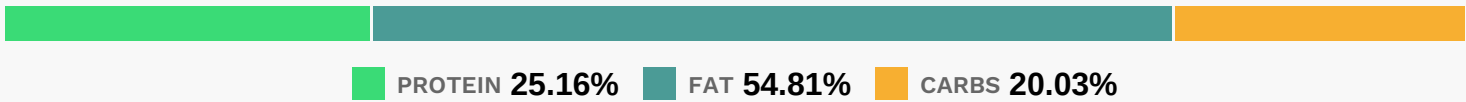
- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Preheat oven to 375
- ☐ To prepare the chicken, place first 7 ingredients in a food processor, and process until finely minced.
- ☐ Discard giblets and neck from chicken. Pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- ☐ Spread cilantro mixture under loosened skin. Lift wing tips up and over back, and tuck under chicken.
- ☐ Place chicken, breast side up, on a broiler pan coated with cooking spray.
- ☐ Bake at 375 for 1 1/4 hours or until an instant-read thermometer inserted into the thickest part of the thigh registers 165
- ☐ Cover chicken loosely with foil; let stand 10 minutes. Discard skin.
- ☐ To prepare rice, combine rice, 1 cup water, 1/2 teaspoon salt, sliced ginger, cinnamon stick, and coconut milk in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed and rice is tender.

- ☐ Let stand, covered, 5 minutes. Fluff with a fork.
- ☐ Remove and discard ginger slices and cinnamon stick.
- ☐ Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:39.55, Glycemic Load:22.83, Inflammation Score:-9, Nutrition Score:29.741304464962%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 932.95kcal (46.65%), Fat: 55.07g (84.73%), Saturated Fat: 20.42g (127.64%), Carbohydrates: 45.3g (15.1%), Net Carbohydrates: 43.79g (15.92%), Sugar: 0.42g (0.47%), Cholesterol: 266.97mg (88.99%), Sodium: 596.66mg (25.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.87g (113.74%), Vitamin B3: 20.88mg (104.42%), Selenium: 43.39µg (61.98%), Phosphorus: 576.59mg (57.66%), Vitamin B6: 1.12mg (56.11%), Vitamin A: 2759.07IU (55.18%), Vitamin B12: 3.07µg (51.22%), Manganese: 0.88mg (44.02%), Vitamin B5: 3.69mg (36.92%), Vitamin B2: 0.57mg (33.34%), Zinc: 4.62mg (30.78%), Iron: 4.97mg (27.61%), Folate: 88.7µg (22.17%), Potassium: 764.83mg (21.85%), Magnesium: 80.97mg (20.24%), Copper: 0.35mg (17.69%), Vitamin B1: 0.23mg (15.04%), Vitamin C: 10.31mg (12.5%), Vitamin K: 6.62µg (6.3%), Calcium: 62.56mg (6.26%), Fiber: 1.51g (6.04%), Vitamin E: 0.17mg (1.14%)