



Steamed Chicken with Xiao Fan's Special Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 pounds chicken halved lengthwise
- ☐ 0.5 cup cilantro leaves coarsely chopped
- ☐ 4 garlic clove minced
- ☐ 2 tablespoons ginger peeled thin
- ☐ 1 teaspoon rice vinegar (not seasoned)
- ☐ 1 teaspoon soya sauce
- ☐ 3 thai chile fresh hot minced (2-inch)

- ☐ 1.5 tablespoons vegetable oil
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ wok

Directions

- ☐ Fit a large steamer rack inside a large wide pot.
- ☐ Add enough water to reach within 1/2 inch of bottom of rack. Bring to a boil.
- ☐ Pat chicken dry and put, skin side up, in a shallow bowl (that will fit on steamer rack inside pot).
- ☐ Sprinkle with ginger and steam, covered, over high heat, until chicken is just cooked through, 30 to 35 minutes (replenish water if necessary).
- ☐ Carefully remove bowl with chicken.
- ☐ Pour off juices into a glass measure and set aside 1/4 cup (reserve remainder for another use). Return chicken in bowl to pot and keep warm, covered, off heat.
- ☐ Heat a wok or large heavy skillet (not nonstick) over high heat until smoking, then drizzle oil down side of wok and swirl to coat. Reduce heat to medium, then add garlic and stir-fry 15 seconds.
- ☐ Add chiles and stir-fry 15 seconds.
- ☐ Add cilantro and stir-fry 1 minute. Stir in remaining ingredients, 1/4 teaspoon salt, and 1/4 cup chicken juices and simmer 1 minute.
- ☐ Transfer to a bowl.
- ☐ Drizzle some sauce over chicken (include some solids for a spicier sauce); serve the rest on the side. Season chicken with salt.

Nutrition Facts



 **PROTEIN 31.5%**  **FAT 66.76%**  **CARBS 1.74%**

Properties

Glycemic Index:35.5, Glycemic Load:0.38, Inflammation Score:-5, Nutrition Score:14.700434796188%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 464.43kcal (23.22%), Fat: 33.85g (52.07%), Saturated Fat: 9g (56.25%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.75g (0.64%), Sugar: 0.25g (0.28%), Cholesterol: 142.88mg (47.63%), Sodium: 219.95mg (9.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.93g (71.87%), Vitamin B3: 13.11mg (65.53%), Selenium: 27.93µg (39.9%), Vitamin B6: 0.72mg (36.09%), Phosphorus: 289.82mg (28.98%), Vitamin K: 18.81µg (17.92%), Vitamin B5: 1.78mg (17.77%), Zinc: 2.57mg (17.11%), Vitamin B2: 0.24mg (14.16%), Vitamin C: 10.16mg (12.31%), Potassium: 407.89mg (11.65%), Magnesium: 42.2mg (10.55%), Iron: 1.89mg (10.48%), Vitamin B12: 0.59µg (9.84%), Vitamin A: 428.47IU (8.57%), Vitamin B1: 0.13mg (8.36%), Vitamin E: 1.07mg (7.1%), Copper: 0.12mg (6.06%), Manganese: 0.12mg (5.82%), Folate: 13.93µg (3.48%), Calcium: 29.51mg (2.95%), Vitamin D: 0.38µg (2.54%)