



Sweet Chili Chicken Rice Bowl



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



1180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 handful cilantro leaves
- ☐ 4 cups rice steamed (I used brown short grained rice)
- ☐ 4 fried eggs
- ☐ 2 cloves garlic chopped
- ☐ 1 inch ginger grated
- ☐ 2 green onions sliced
- ☐ 4 jalapeños sliced
- ☐ 0.3 cup juice of lime

- ☐ 1 tablespoon oil
- ☐ 2 cups grilled orange bulgogi chicken shredded (see below)
- ☐ 0.5 cup orange juice
- ☐ 1 asian pear grated
- ☐ 4 servings salsa naranja to taste
- ☐ 1 tablespoon sesame oil
- ☐ 4 teaspoons sesame seed toasted
- ☐ 4 teaspoons fried shallots
- ☐ 1 pound chicken thighs boneless skinless
- ☐ 0.3 cup soya sauce
- ☐ 2 cups pkt spinach steamed
- ☐ 1 handful thai basil

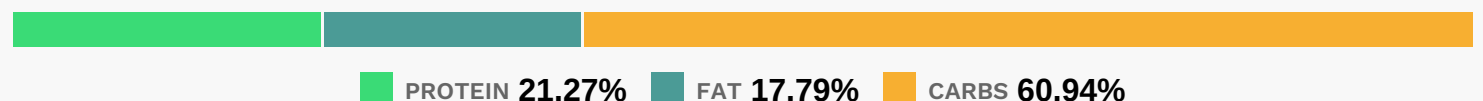
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Assemble rice bowls and enjoy. Marinate the chicken in the orange juice, lime juice, soy sauce, sesame oil, garlic, ginger and the pear of a least 30 minutes to over night.
- ☐ Brush a grill pan with the oil and heat over medium-high heat.
- ☐ Place the chicken in the pan and grill until cooked, about 3-4 minutes per side and set aside. (You don't want to crowd the pan so you may have to do this in batches.

Nutrition Facts



Properties

Glycemic Index:123.44, Glycemic Load:129.62, Inflammation Score:-10, Nutrition Score:53.811304009479%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 1180.03kcal (59%), Fat: 22.88g (35.2%), Saturated Fat: 5.04g (31.52%), Carbohydrates: 176.4g (58.8%), Net Carbohydrates: 167.33g (60.85%), Sugar: 9.82g (10.92%), Cholesterol: 323.91mg (107.97%), Sodium: 1253.5mg (54.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.55g (123.1%), Folate: 549.07µg (137.27%), Selenium: 88.24µg (126.06%), Manganese: 2.51mg (125.26%), Vitamin B3: 21.71mg (108.55%), Vitamin K: 102.49µg (97.61%), Vitamin B1: 1.39mg (92.78%), Vitamin B6: 1.46mg (73.14%), Iron: 12.53mg (69.63%), Phosphorus: 696.03mg (69.6%), Vitamin B5: 5.59mg (55.93%), Vitamin C: 45.58mg (55.25%), Vitamin A: 2239.34IU (44.79%), Vitamin B2: 0.71mg (41.69%), Zinc: 6.07mg (40.48%), Copper: 0.78mg (38.83%), Fiber: 9.07g (36.3%), Magnesium: 134.69mg (33.67%), Potassium: 1066.44mg (30.47%), Vitamin B12: 1.32µg (22.01%), Vitamin E: 2.7mg (17.98%), Calcium: 116.28mg (11.63%), Vitamin D: 0.88µg (5.87%)