



Thai BBQ Chicken

 **Gluten Free**  **Dairy Free**

READY IN

ready

20 min.

SERVINGS

servings

2

CALORIES

calories

915 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon peppercorns black
- ☐ 0.3 cup brown sugar
- ☐ 2 tablespoons brown sugar
- ☐ 0.5 can coconut milk
- ☐ 0.5 meat from a rotisserie chicken fresh quartered
- ☐ 1 tablespoon coriander
- ☐ 2 tablespoons curry powder yellow
- ☐ 1 tablespoon fish sauce

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- ☐ 10 cloves garlic minced
- ☐ 2 large garlic cloves minced
- ☐ 1 stalk lemongrass trimmed cut into small segments
- ☐ 0.5 cup rice vinegar
- ☐ 2 thai chiles green red
- ☐ 2 teaspoons thai chili sauce red

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ mixing bowl
- ☐ grill
- ☐ mortar and pestle

Directions

- ☐ Heat a grill to medium.
- ☐ Using a mortar and pestle, crush garlic cloves, peppercorns, coriander, lemongrass, and Thai chiles into a chunky paste. Using a large spoon, transfer the paste to a large mixing bowl.
- ☐ Add the chicken and the remaining ingredients and mix well. Cover and refrigerate for at least 2 hours or up to overnight.
- ☐ Put the chicken on the grill, skin side down, and brush with the marinade. Grill for about 15 minutes then flip the chicken over and brush with the marinade. Grill the second side for about 15 minutes. Discard the marinade. When the chicken is cooked and tender transfer it to a serving platter and serve with warm Dipping Sauce.
- ☐ Put all ingredients in a saucepan and put on the grill. Stir and bring to a boil. Move the pan to a cooler part of the grill and let the sauce simmer for 10 to 15 minutes, stirring occasionally. The sauce will reduce and become thick.
- ☐ Serve warm with chicken.

Nutrition Facts



 **PROTEIN 18.04%**  **FAT 51.98%**  **CARBS 29.98%**

Properties

Glycemic Index:89.5, Glycemic Load:2.38, Inflammation Score:-7, Nutrition Score:30.9021740789%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 914.82kcal (45.74%), Fat: 53.62g (82.49%), Saturated Fat: 29.54g (184.62%), Carbohydrates: 69.59g (23.2%), Net Carbohydrates: 63.63g (23.14%), Sugar: 52.34g (58.15%), Cholesterol: 142.83mg (47.61%), Sodium: 2290.99mg (99.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.86g (83.72%), Manganese: 2.69mg (134.43%), Vitamin B3: 14.94mg (74.7%), Selenium: 40.9µg (58.43%), Vitamin B6: 1.16mg (58.08%), Phosphorus: 454.03mg (45.4%), Magnesium: 162.18mg (40.54%), Iron: 7.21mg (40.04%), Vitamin C: 31.76mg (38.5%), Potassium: 1080.13mg (30.86%), Copper: 0.6mg (30.05%), Zinc: 3.94mg (26.29%), Fiber: 5.96g (23.84%), Vitamin B5: 2.2mg (21.99%), Vitamin K: 19.19µg (18.28%), Calcium: 182.62mg (18.26%), Vitamin B2: 0.31mg (18.07%), Folate: 59.89µg (14.97%), Vitamin E: 2.17mg (14.45%), Vitamin B1: 0.21mg (14.15%), Vitamin B12: 0.72µg (12%), Vitamin A: 465.41IU (9.31%), Vitamin D: 0.38µg (2.54%)