

Thai chicken bites

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



20

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 chicken thighs boneless skinless
- ☐ 2 tbsp vegetable oil
- ☐ 1 shallots finely chopped
- ☐ 1 pinch pepper dried
- ☐ 2 tbsp fish sauce
- ☐ 1 juice of lime
- ☐ 1 handful cilantro leaves chopped
- ☐ 4 heads endive green red

☐ 1 to 5 chillies red sliced

Equipment

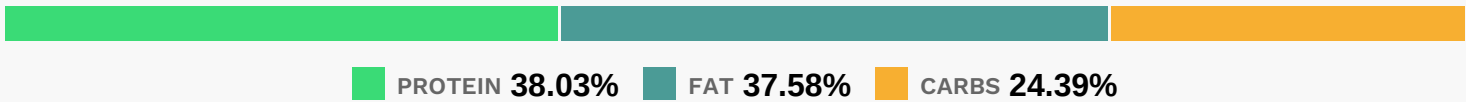
☐ knife

☐ wok

Directions

- ☐ Chop the chicken thighs into small pieces with a knife until they resemble coarse mince.
- ☐ Heat a wok over a high heat. When smoking hot, add the oil, chicken and shallot. Stir constantly and cook for about 5 mins until the chicken is cooked but not browned. Then stir in 1 tsp water, the dried chilli and fish sauce. Cook for 2 mins more.
- ☐ Remove from the heat, squeeze over the lime juice and leave to cool. Can be made up to 1 day ahead.
- ☐ To serve, mix the herbs into the chicken mixture. Separate the chicory into individual leaves (youll need about 2
- ☐ and arrange on serving plates.
- ☐ Place 1-2 tbsp of the chicken mixture into each leaf and scatter over some extra chopped herbs and sliced fresh chillies.

Nutrition Facts



Properties

Glycemic Index:7.6, Glycemic Load:0.23, Inflammation Score:-9, Nutrition Score:13.704347807428%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 9.09mg, Kaempferol: 9.09mg, Kaempferol: 9.09mg, Kaempferol: 9.09mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 57.08kcal (2.85%), Fat: 2.48g (3.82%), Saturated Fat: 0.48g (3.03%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 0.75g (0.27%), Sugar: 0.54g (0.6%), Cholesterol: 21.47mg (7.16%), Sodium: 181.77mg (7.9%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.31%), Vitamin K: 212.02µg (201.92%), Vitamin A: 1993.14IU (39.86%), Folate: 130.84µg (32.71%), Manganese: 0.39mg (19.74%), Vitamin C: 9.7mg (11.75%), Fiber: 2.88g (11.51%), Vitamin B5: 1.09mg (10.95%), Potassium: 357.47mg (10.21%), Vitamin B3: 1.7mg (8.5%), Selenium: 5.48µg (7.83%), Zinc: 1.07mg (7.14%), Vitamin B6: 0.14mg (7.12%), Phosphorus: 69.63mg (6.96%), Vitamin B2: 0.11mg (6.55%), Vitamin B1: 0.1mg (6.36%), Magnesium: 22.81mg (5.7%), Iron: 0.99mg (5.48%), Copper: 0.11mg (5.38%), Calcium: 50.75mg (5.07%), Vitamin E: 0.57mg (3.83%), Vitamin B12: 0.15µg (2.55%)