



## Thai Chicken with Carrot-Ginger Salad

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound carrots
- 2 tablespoons cilantro leaves fresh chopped
- 3 garlic cloves; 2 crushed chopped
- 4 teaspoons ginger peeled finely chopped
- 3 juice of lime grated
- 4 servings kosher salt
- 4 teaspoons thai curry paste green (available in the international aisle)
- 2 pounds skin-on bone-in

- 2 tablespoons butter unsalted softened
- 1 tablespoon vegetable oil

## Equipment

- bowl
- frying pan
- oven
- whisk
- roasting pan
- peeler

## Directions

- Preheat the oven to 450 degrees F.
- Place a rack in a roasting pan.
- Mix the butter, chopped garlic, curry paste, 3 teaspoons ginger, the zest of 2 limes and the juice of 1 lime in a bowl.
- Season the chicken with salt. Loosen the skin and rub the curry butter underneath.
- Place skin-side up on the rack and pour about 1/2 cup water into the pan. Roast until the chicken is cooked through and the skin is crisp, 20 to 25 minutes.
- Meanwhile, mix the crushed garlic with the remaining 1 teaspoon ginger, the zest of 1 lime and juice of 2 limes.
- Whisk in the vegetable oil. Shave the carrots into ribbons with a vegetable peeler and toss with the dressing.
- Add the cilantro and 1/2 teaspoon salt and toss.
- Serve the chicken with the carrot-ginger salad.
- Photograph by Antonis Achilleos

## Nutrition Facts



## Properties

Glycemic Index:30.96, Glycemic Load:3.86, Inflammation Score:-10, Nutrition Score:30.510869357897%

## Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

## Nutrients (% of daily need)

Calories: 401.66kcal (20.08%), Fat: 15.63g (24.05%), Saturated Fat: 5.6g (35%), Carbohydrates: 14.31g (4.77%), Net Carbohydrates: 10.77g (3.92%), Sugar: 6.17g (6.86%), Cholesterol: 160.2mg (53.4%), Sodium: 537.16mg (23.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.62g (99.23%), Vitamin A: 19999.7IU (399.99%), Vitamin B3: 24.84mg (124.19%), Selenium: 73.12µg (104.45%), Vitamin B6: 1.9mg (94.77%), Phosphorus: 525.01mg (52.5%), Vitamin B5: 3.6mg (35.95%), Potassium: 1248.43mg (35.67%), Vitamin K: 22.96µg (21.87%), Vitamin C: 17.44mg (21.14%), Magnesium: 75.99mg (19%), Vitamin B2: 0.3mg (17.75%), Vitamin B1: 0.23mg (15.41%), Fiber: 3.54g (14.17%), Manganese: 0.24mg (12.2%), Vitamin E: 1.68mg (11.21%), Zinc: 1.65mg (10.98%), Folate: 33.49µg (8.37%), Vitamin B12: 0.47µg (7.76%), Iron: 1.39mg (7.7%), Copper: 0.13mg (6.57%), Calcium: 65.24mg (6.52%), Vitamin D: 0.33µg (2.21%)