



## Thai Grilled Chicken with Chile Dipping Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 teaspoon thai chile minced
- 2 tablespoons cilantro leaves chopped
- 0.5 cup coconut milk
- 1 teaspoon curry powder
- 2 tablespoons fish sauce
- 1 teaspoon garlic minced
- 1 teaspoon turmeric
- 4 tablespoons splenda® no calorie sweetener

- 6 tablespoons rice vinegar
- 0.3 teaspoon salt
- 4 tablespoons water
- 0.5 teaspoon pepper white

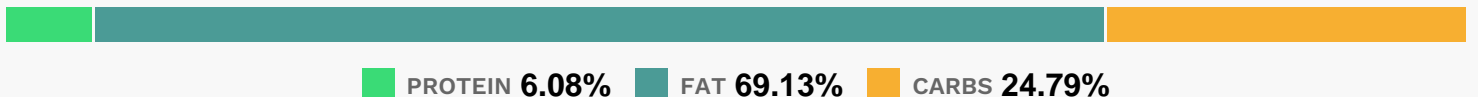
## Equipment

- sauce pan
- grill

## Directions

- In a shallow dish, mix together the coconut milk, fish sauce, 2 tablespoons minced garlic, cilantro, turmeric, curry powder, and white pepper.
- Add chicken, and turn to coat. Cover, and refrigerate for 4 hours or overnight.
- Preheat grill for high heat.
- In a saucepan, combine vinegar, water, SLENDA® Granulated Sweetener, 1 teaspoon minced garlic, bird's eye chile, and salt; bring to a boil. Reduce heat to low, and simmer until liquid is reduced, about 5 minutes. Stir sauce from time to time.
- Remove from heat and allow to cool before use.
- Lightly oil grill grate. Discard marinade, and place chicken on the grill. Cook for 10 minutes per side, or until slightly charred and juices run clear.
- Brush with sauce before serving.
- Serve remaining sauce on the side for dipping.

## Nutrition Facts



## Properties

Glycemic Index:67.25, Glycemic Load:2.23, Inflammation Score:-10, Nutrition Score:2.8886956339297%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## **Nutrients (% of daily need)**

Calories: 78.75kcal (3.94%), Fat: 6.16g (9.47%), Saturated Fat: 5.37g (33.58%), Carbohydrates: 4.97g (1.66%), Net Carbohydrates: 4.6g (1.67%), Sugar: 2.82g (3.13%), Cholesterol: 0mg (0%), Sodium: 857.47mg (37.28%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Manganese: 0.34mg (16.89%), Magnesium: 31.99mg (8%), Iron: 1.43mg (7.92%), Copper: 0.08mg (4.23%), Vitamin B6: 0.07mg (3.49%), Phosphorus: 33.76mg (3.38%), Potassium: 115.37mg (3.3%), Vitamin C: 2.35mg (2.85%), Folate: 9.82µg (2.46%), Vitamin B3: 0.44mg (2.22%), Selenium: 1.17µg (1.67%), Calcium: 16.5mg (1.65%), Zinc: 0.24mg (1.58%), Fiber: 0.37g (1.47%), Vitamin K: 1.29µg (1.23%)