



Thai Grilled Chicken with Sweet Chile Dipping Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon bird's eye chile minced
- 2 tablespoons cilantro leaves chopped
- 0.5 cup coconut milk
- 1 teaspoon curry powder
- 2 tablespoons fish sauce
- 1 teaspoon garlic minced
- 2 tablespoons garlic minced

- 1 teaspoon ground turmeric
- 6 tablespoons rice vinegar
- 0.3 teaspoon salt
- 4 tablespoons water
- 0.5 teaspoon pepper white
- 4 tablespoons sugar white

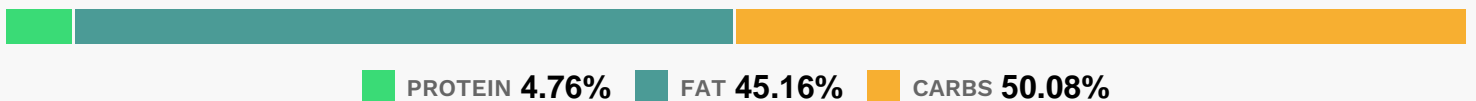
Equipment

- 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, sugar, 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:79.77, Glycemic Load:9.61, Inflammation Score:-10, Nutrition Score:3.4730434573215%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 120.83kcal (6.04%), Fat: 6.21g (9.56%), Saturated Fat: 5.38g (33.6%), Carbohydrates: 15.51g (5.17%), Net Carbohydrates: 15.06g (5.47%), Sugar: 12.42g (13.8%), Cholesterol: 0mg (0%), Sodium: 858.27mg (37.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.95%), Manganese: 0.41mg (20.25%), Iron: 1.5mg (8.33%), Magnesium: 32.99mg (8.25%), Vitamin B6: 0.12mg (5.97%), Copper: 0.1mg (4.87%), Vitamin C: 3.6mg (4.36%), Phosphorus: 39.88mg (3.99%), Potassium: 131.53mg (3.76%), Selenium: 1.81µg (2.58%), Folate: 9.94µg (2.49%), Calcium: 23.86mg (2.39%), Vitamin B3: 0.47mg (2.36%), Zinc: 0.28mg (1.9%), Fiber: 0.45g (1.81%), Vitamin B1: 0.02mg (1.3%), Vitamin K: 1.35µg (1.29%)