



Thai Grilled Chicken with Sweet Chile Dipping Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



115 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
- ☐ 1 teaspoon ground turmeric

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

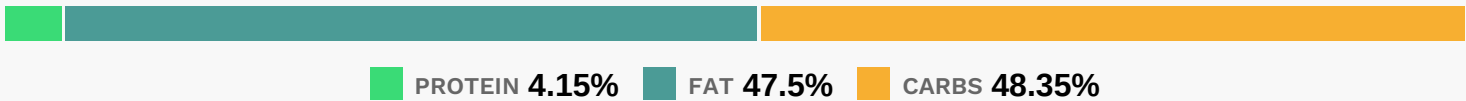
Equipment

- ☐ 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:72.27, Glycemic Load:9.24, Inflammation Score:-10, Nutrition Score:2.9039130314537%

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: 114.87kcal (5.74%), Fat: 6.19g (9.53%), Saturated Fat: 5.37g (33.58%), Carbohydrates: 14.18g (4.73%), Net Carbohydrates: 13.82g (5.02%), Sugar: 12.38g (13.76%), Cholesterol: 0mg (0%), Sodium: 857.59mg (37.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Manganese: 0.34mg (16.91%), Magnesium: 31.99mg (8%), Iron: 1.43mg (7.95%), Copper: 0.09mg (4.27%), Vitamin B6: 0.07mg (3.49%), Phosphorus: 33.76mg (3.38%), Potassium: 115.49mg (3.3%), Vitamin C: 2.35mg (2.85%), Folate: 9.82µg (2.46%), Vitamin B3: 0.44mg (2.22%), Selenium: 1.24µg (1.77%), Calcium: 16.62mg (1.66%), Zinc: 0.24mg (1.59%), Fiber: 0.37g (1.47%), Vitamin K: 1.29µg (1.23%)