

# Grilled Vietnamese Chicken

Yield: 4 min  
Total Time: 44 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-grilled-meat-recipe>

## Ingredients:

- 1 pound boneless skinless chicken thighs or breasts
- 3 green onions optional
- 1 1/2 tablespoons lime juice about 1 small lime
- 1 1/2 tablespoons neutral oil vegetable, canola, olive oil-but not extra virgin
- 2 tablespoons soy sauce low sodium is fine
- 1/2 tablespoon fish sauce Note 1
- 2 tablespoons brown sugar
- 2 teaspoons minced garlic 2 garlic cloves
- 1 teaspoon ginger fresh grated, or more if you like, or pinch of ground ginger
- 1/4 teaspoon red chili flakes medium to medium-mild heat
- 1 tablespoon cilantro and more for garnish if desired

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 75 milligrams
4. Fat: 9 grams
5. Protein: 25 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 760 milligrams
8. Sugar: 5 grams

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