



WHATSheATE



Asian Braised Chicken with Almond Milk



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 servings jasmine rice cooked
- ☐ 0.5 cup so delicious dairy free almond plus almondmilk unsweetened
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon rice vinegar
- ☐ 2 tablespoons scallions green minced
- ☐ 2 chicken thighs boneless skinless

- ☐ 4 tablespoons soya sauce gluten-free for (see note above)
- ☐ 1 tablespoon sugar

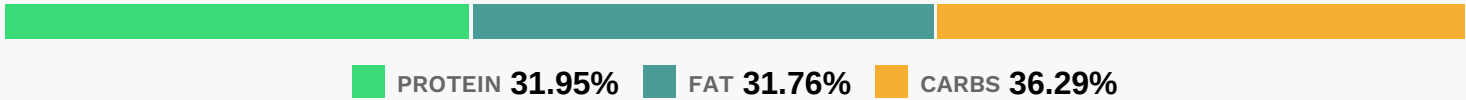
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Rinse chicken thighs under cold running water and pat to dry with paper towel.
- ☐ Cut each chicken thigh into bite size.In a large skillet, heat olive oil and cook garlic over medium heat until fragrant.
- ☐ Add chicken thighs and cook until brown.Stir in soy sauce, sugar, rice vinegar and bay leaf. Reduce heat to medium-low heat, cover and simmer for 10 minutes.Uncover, add almond milk to the skillet and simmer for another 5 minutes.Take the bay leaf out and stir in minced scallions.
- ☐ Serve with cooked jasmine rice.

Nutrition Facts



Properties

Glycemic Index:169.75, Glycemic Load:29.33, Inflammation Score:-5, Nutrition Score:18.648695634759%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 378.29kcal (18.91%), Fat: 13.13g (20.19%), Saturated Fat: 2.32g (14.51%), Carbohydrates: 33.75g (11.25%), Net Carbohydrates: 32.67g (11.88%), Sugar: 8.31g (9.23%), Cholesterol: 107.35mg (35.78%), Sodium: 2143.66mg (93.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.71g (59.42%), Vitamin B3: 10.05mg (50.23%), Selenium: 33.65µg (48.07%), Vitamin B6: 0.83mg (41.38%), Manganese: 0.64mg (31.95%), Phosphorus: 299.27mg

(29.93%), Vitamin B2: 0.39mg (23.05%), Vitamin B12: 1.36µg (22.67%), Vitamin K: 19.96µg (19.01%), Vitamin E: 2.77mg (18.43%), Vitamin B5: 1.82mg (18.22%), Zinc: 2.46mg (16.42%), Potassium: 493.21mg (14.09%), Iron: 2.41mg (13.41%), Magnesium: 51.96mg (12.99%), Copper: 0.25mg (12.7%), Vitamin B1: 0.18mg (12.31%), Calcium: 118.65mg (11.86%), Folate: 36.27µg (9.07%), Vitamin C: 6.34mg (7.68%), Vitamin A: 322.17IU (6.44%), Vitamin D: 0.71µg (4.72%), Fiber: 1.07g (4.29%)