



Basil, Chicken, and Veggies in Coconut-Curry Sauce



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



6

CALORIES



546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings garnish: basil leaves fresh
- ☐ 1 tablespoon brown sugar
- ☐ 14 ounce coconut milk canned
- ☐ 3 tablespoons canola oil divided
- ☐ 0.8 cup cashew pieces salted whole toasted
- ☐ 1 pound chicken breasts boneless cut into thin strips
- ☐ 6 servings rice hot cooked

- ☐ 1 tablespoon cornstarch
- ☐ 2 teaspoons curry powder
- ☐ 0.3 cup basil leaves fresh
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 pound green beans
- ☐ 1 bell pepper red seeded chopped
- ☐ 0.5 teaspoon sea salt
- ☐ 6 servings sriracha

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Whisk together first 5 ingredients in a small bowl; set aside.
- ☐ Heat wok over high heat until a few drops of water evaporate immediately. Swirl 2 tablespoons oil in pan to coat. (If using a nonstick skillet, heat oil over medium-high heat.)
- ☐ Add chicken, and cook 2 to 3 minutes on each side or until lightly browned.
- ☐ Remove from pan; cover and keep warm.
- ☐ Heat remaining 1 tablespoon oil in wok over high heat (medium-high, if using a nonstick skillet).
- ☐ Add bell pepper, green beans, and ginger; stir-fry 3 to 4 minutes.
- ☐ Whisk reserved sauce mixture, and add to wok with vegetables. Cook 1 minute or until sauce thickens. Stir in slivered basil and reserved chicken.
- ☐ Sprinkle with cashews; serve with hot cooked rice and sriracha.
- ☐ Garnish, if desired.

Nutrition Facts



 PROTEIN **17.13%**  FAT **53.12%**  CARBS **29.75%**

Properties

Glycemic Index:57.83, Glycemic Load:25.7, Inflammation Score:-8, Nutrition Score:26.540000376494%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 546.28kcal (27.31%), Fat: 33.21g (51.09%), Saturated Fat: 17.27g (107.91%), Carbohydrates: 41.84g (13.95%), Net Carbohydrates: 36.79g (13.38%), Sugar: 8.39g (9.33%), Cholesterol: 48.38mg (16.13%), Sodium: 411.07mg (17.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.1g (48.2%), Manganese: 1.39mg (69.27%), Selenium: 36.89µg (52.7%), Vitamin K: 52.81µg (50.29%), Vitamin B3: 9.75mg (48.77%), Vitamin C: 38.12mg (46.2%), Vitamin B6: 0.88mg (44.24%), Phosphorus: 381.34mg (38.13%), Copper: 0.71mg (35.4%), Magnesium: 123.76mg (30.94%), Vitamin A: 1330.28IU (26.61%), Potassium: 806.32mg (23.04%), Iron: 3.74mg (20.77%), Fiber: 5.05g (20.19%), Vitamin B5: 1.96mg (19.59%), Zinc: 2.52mg (16.78%), Folate: 65.09µg (16.27%), Vitamin E: 2.33mg (15.52%), Vitamin B2: 0.22mg (12.95%), Vitamin B1: 0.19mg (12.76%), Calcium: 69.83mg (6.98%), Vitamin B12: 0.15µg (2.52%)