



Chicken, ginger & green bean hotpot



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 tbsp vegetable oil
- ☐ 1 piece ginger cut into matchsticks
- ☐ 1 garlic clove chopped
- ☐ 0.5 onion thinly sliced into half moons
- ☐ 1 tbsp fish sauce
- ☐ 0.5 tbsp brown sugar soft
- ☐ 250 g chicken thighs skinless trimmed cut in half
- ☐ 125 ml chicken stock see

- ☐ 50 g green beans trimmed cut into 2½ cm lengths
- ☐ 1 tbsp cilantro leaves chopped
- ☐ 2 servings rice steamed

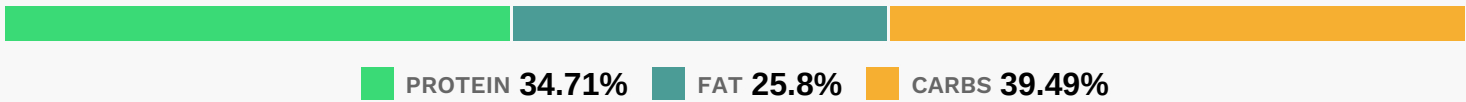
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the oil in a saucepan over a medium-high heat.
- ☐ Add the ginger, garlic and onion, and stir-fry for about 5 mins or until lightly golden.
- ☐ Add the fish sauce, sugar, chicken and stock. Cover and cook over a medium heat for 15 mins.
- ☐ For the final 3 mins of cooking, add the green beans.
- ☐ Remove from the heat and stir through half of the coriander.
- ☐ Serve with steamed rice and the remaining coriander scattered over.

Nutrition Facts



Properties

Glycemic Index:129.5, Glycemic Load:25.19, Inflammation Score:-5, Nutrition Score:16.67260868653%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg

Nutrients (% of daily need)

Calories: 342.71kcal (17.14%), Fat: 9.64g (14.83%), Saturated Fat: 2.1g (13.14%), Carbohydrates: 33.2g (11.07%), Net Carbohydrates: 31.63g (11.5%), Sugar: 6.34g (7.04%), Cholesterol: 120.65mg (40.22%), Sodium: 913.45mg (39.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.18g (58.36%), Selenium: 36.95µg (52.79%), Vitamin B3: 8.76mg (43.82%), Vitamin B6: 0.8mg (39.9%), Phosphorus: 306.64mg (30.66%), Manganese: 0.54mg (26.96%), Vitamin K: 21.51µg (20.49%), Vitamin B5: 1.93mg (19.3%), Vitamin B2: 0.33mg (19.24%), Magnesium: 67.72mg (16.93%), Zinc: 2.53mg (16.88%), Potassium: 544.86mg (15.57%), Vitamin B12: 0.84µg (14.05%), Vitamin B1: 0.19mg

(12.58%), Copper: 0.21mg (10.27%), Iron: 1.75mg (9.71%), Folate: 29.19µg (7.3%), Vitamin C: 5.95mg (7.22%), Fiber: 1.57g (6.26%), Calcium: 46.4mg (4.64%), Vitamin E: 0.68mg (4.51%), Vitamin A: 219.66IU (4.39%)