



Chicken in Lemongrass Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



247 kcal

SAUCE

Ingredients

- ☐ 4 garlic clove minced
- ☐ 12 ounces long beans chinese trimmed cut into 1 1/2-inch pieces
- ☐ 2 teaspoons ground coriander
- ☐ 0.3 cup lemon grass minced
- ☐ 0.5 cup chicken broth canned
- ☐ 1 medium onion sliced
- ☐ 2 tablespoons oyster sauce
- ☐ 2 tablespoons vegetable oil; peanut oil preferred

- ☐ 1.5 pounds chicken breast halves boneless skinless
- ☐ 3 tablespoons sugar
- ☐ 3 tablespoons thai fish sauce (nam pla)
- ☐ 1 teaspoon turmeric

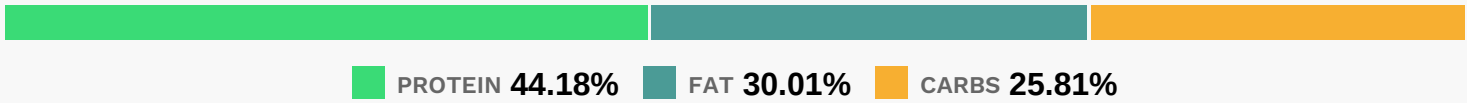
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook beans in large saucepan of boiling salted water just until crisp-tender, about 2 minutes.
- ☐ Drain.
- ☐ Heat oil in heavy large skillet over high heat.
- ☐ Add chicken, onion and garlic; stir-fry until chicken is partially cooked, about 4 minutes.
- ☐ Add lemongrass and next 4 ingredients; stir 2 minutes.
- ☐ Add beans, stock and oyster sauce; reduce heat and simmer until sauce thickens and chicken is cooked through, about 4 minutes longer. Season with salt and pepper.
- ☐ *Available at Asian markets and in some supermarkets.

Nutrition Facts



Properties

Glycemic Index:22.02, Glycemic Load:4.76, Inflammation Score:-10, Nutrition Score:16.542608618736%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 246.8kcal (12.34%), Fat: 8.18g (12.59%), Saturated Fat: 1.56g (9.75%), Carbohydrates: 15.83g (5.28%), Net Carbohydrates: 15.11g (5.49%), Sugar: 7.15g (7.94%), Cholesterol: 72.57mg (24.19%), Sodium: 1011.73mg (43.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.1g (54.19%), Vitamin B3: 12.73mg (63.67%), Selenium: 38.85µg (55.5%), Vitamin B6: 0.96mg (47.87%), Phosphorus: 295.19mg (29.52%), Manganese: 0.45mg (22.4%), Magnesium: 78.03mg (19.51%), Potassium: 680.41mg (19.44%), Vitamin C: 14.38mg (17.42%), Vitamin B5: 1.7mg (16.95%), Folate: 51.64µg (12.91%), Vitamin B2: 0.21mg (12.37%), Vitamin A: 526.32IU (10.53%), Vitamin B1: 0.15mg (10.13%), Iron: 1.44mg (7.98%), Zinc: 1.09mg (7.3%), Vitamin E: 0.96mg (6.42%), Copper: 0.11mg (5.66%), Calcium: 56.25mg (5.62%), Vitamin B12: 0.31µg (5.24%), Fiber: 0.72g (2.89%)