



Chicken Laksa (Low Fat and Delicious)

READY IN



20 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bean sprouts
- 400 g chicken breast skinless
- 0.5 cup carrots (cut into thin strips)
- 250 ml chicken stock see
- 2 teaspoons chicken powder
- 1 teaspoon coconut oil
- 1 tablespoon cornstarch
- 3 teaspoons curry paste (or Massaman Curry paste)
- 1 tablespoon cilantro leaves fresh chopped ()

- 0.5 teaspoon garlic crushed ()
- 1 teaspoon ginger crushed ()
- 1 teaspoon lemon grass (in jar)
- 375 ml nestle® carnation® evaporated lowfat milk reduced-fat
- 1.5 cups soup noodles
- 4 servings cooking oil
- 0.5 cup bell pepper red cut into thin strips)
- 0.5 cup shallots sliced ()
- 1 teaspoon turmeric
- 1 cup water

Equipment

- frying pan

Directions

- In a large frypan saut chicken, garlic and ginger together for 4 minutes.Toss in carrots and capsicum and cook another 2 minutes.
- Place all other ingredients except milk and cornflour in the pan and mix well.In a separate container, mix milk and cornflour well and then add to pan.Simmer for 5 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:60.71, Glycemic Load:8.76, Inflammation Score:-10, Nutrition Score:23.694347918034%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 487.24kcal (24.36%), Fat: 20.11g (30.94%), Saturated Fat: 2.14g (13.37%), Carbohydrates: 41.33g (13.78%), Net Carbohydrates: 38.05g (13.84%), Sugar: 17.17g (19.08%), Cholesterol: 83.28mg (27.76%), Sodium: 585.98mg (25.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.71g (69.41%), Vitamin A: 3899.2IU (77.98%), Selenium: 48.6µg (69.43%), Vitamin B3: 12.47mg (62.35%), Vitamin B6: 1.04mg (51.84%), Vitamin C: 32.55mg (39.45%), Phosphorus: 316.46mg (31.65%), Manganese: 0.47mg (23.33%), Vitamin K: 22.56µg (21.48%), Potassium: 737.33mg (21.07%), Vitamin E: 3.15mg (20.98%), Vitamin B5: 1.82mg (18.2%), Magnesium: 59.03mg (14.76%), Vitamin B2: 0.24mg (13.96%), Fiber: 3.28g (13.12%), Folate: 49.64µg (12.41%), Vitamin B1: 0.17mg (11.31%), Copper: 0.22mg (11.15%), Iron: 1.88mg (10.43%), Zinc: 1.34mg (8.94%), Calcium: 70.79mg (7.08%), Vitamin B12: 0.2µg (3.38%)