



Chicken Larb



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 3 tablespoons cilantro leaves chopped
- ☐ 0.3 cup cucumber english chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 8 cabbage leaves
- ☐ 2 tablespoons curry paste red
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots finely chopped

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1 pound chicken breast halves boneless skinless

Equipment

☐

food processor

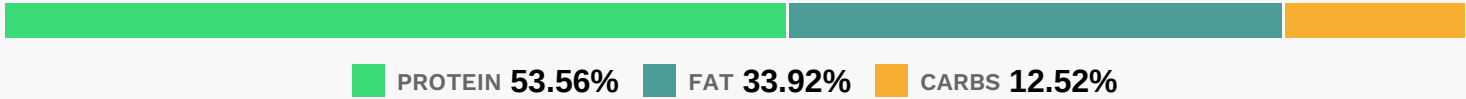
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frying pan

Directions

- ☐
- Combine curry paste, chicken, and salt in a food processor; process until smooth.
- ☐
- Heat a large skillet over medium-high heat.
- ☐
- Add oil to pan; swirl to coat.
- ☐
- Add chicken to pan; saut 6 minutes or until done, stirring to crumble.
- ☐
- Remove pan from heat; stir in cucumber and next 3 ingredients (through juice).
- ☐
- Place 2 cabbage leaves on each of 4 plates; divide chicken mixture evenly among leaves.
- ☐
- Serve with chile paste, if desired.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.97, Inflammation Score:-8, Nutrition Score:17.226087103719%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 191.69kcal (9.58%), Fat: 7.13g (10.97%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 4.41g (1.6%), Sugar: 2.76g (3.07%), Cholesterol: 72.57mg (24.19%), Sodium: 429.64mg (18.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.32g (50.65%), Vitamin B3: 12.1mg (60.52%), Selenium: 36.84µg (52.63%), Vitamin B6: 1.04mg (51.85%), Vitamin A: 1427.03IU (28.54%), Vitamin K: 29.26µg (27.87%),

Phosphorus: 266.52mg (26.65%), Vitamin C: 20.87mg (25.29%), Potassium: 625.38mg (17.87%), Vitamin B5: 1.75mg (17.51%), Folate: 55.35µg (13.84%), Magnesium: 41.68mg (10.42%), Manganese: 0.18mg (8.84%), Vitamin B2: 0.15mg (8.75%), Vitamin B1: 0.11mg (7.22%), Calcium: 67.58mg (6.76%), Vitamin E: 0.93mg (6.18%), Fiber: 1.5g (6.02%), Zinc: 0.87mg (5.81%), Iron: 1mg (5.58%), Vitamin B12: 0.23µg (3.78%), Copper: 0.07mg (3.51%)