



Chicken with lemongrass & coconut



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



6

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 800 ml coconut milk canned
- ☐ 3 tbsp fish sauce
- ☐ 1 piece galangal finely chopped
- ☐ 2 lemon grass finely sliced
- ☐ 6 kaffir lime leaves good (Barts is very)
- ☐ 1 to 5 chilies fresh red chopped
- ☐ 2 tsp g muscovado sugar light
- ☐ 500 g chicken breast boneless skinless cut into chunks

- ☐ 2 tbsp juice of lime
- ☐ 1 handful basil fresh good roughly chopped
- ☐ 250 g rice cooked

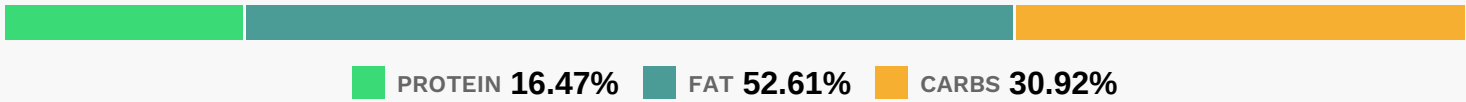
Equipment

- ☐ frying pan

Directions

- ☐ Tip all the ingredients except the chicken, lime juice and herbs into a pan, bring to a gentle simmer and cook uncovered at a relaxed bubble for 5 minutes.
- ☐ Add the chicken, cover and simmer for 15 minutes, until the chicken is tender. Stir in the lime juice, then scatter over the herbs before serving with rice.

Nutrition Facts



Properties

Glycemic Index:29.36, Glycemic Load:20.3, Inflammation Score:-5, Nutrition Score:20.930434913739%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 582.12kcal (29.11%), Fat: 34.68g (53.35%), Saturated Fat: 29.09g (181.83%), Carbohydrates: 45.84g (15.28%), Net Carbohydrates: 42.18g (15.34%), Sugar: 6.41g (7.13%), Cholesterol: 53.33mg (17.78%), Sodium: 826.73mg (35.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.43g (48.86%), Manganese: 1.83mg (91.61%), Selenium: 42.23µg (60.33%), Vitamin B3: 10.72mg (53.59%), Vitamin B6: 0.81mg (40.75%), Phosphorus: 364.64mg (36.46%), Magnesium: 101.31mg (25.33%), Copper: 0.5mg (24.78%), Potassium: 782.35mg (22.35%), Vitamin C: 17.21mg (20.86%), Vitamin B5: 1.89mg (18.92%), Iron: 3.17mg (17.59%), Fiber: 3.66g (14.62%), Zinc: 1.93mg (12.84%), Folate: 36.61µg (9.15%), Vitamin B1: 0.13mg (8.44%), Vitamin B2: 0.12mg (6.98%), Calcium: 45.65mg (4.57%), Vitamin B12: 0.21µg (3.5%), Vitamin E: 0.47mg (3.15%), Vitamin K: 2.81µg (2.67%), Vitamin A: 117.66IU (2.35%)