



Culinarius' Thai Chicken Stew

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce baby corns drained canned
- ☐ 16 ounce bamboo skewers drained sliced canned
- ☐ 30 ounce coconut milk canned
- ☐ 12 ounce mushrooms drained sliced canned
- ☐ 16 ounce water chestnuts drained sliced canned
- ☐ 2 pounds chicken pieces boneless cut into strips
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.3 cup flour

- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 large potatoes cubed
- ☐ 2 bell peppers red chopped
- ☐ 0.3 cup curry paste red
- ☐ 1 onion red chopped
- ☐ 2 tablespoons sesame oil
- ☐ 2 tablespoons soya sauce
- ☐ 1 onion sweet chopped

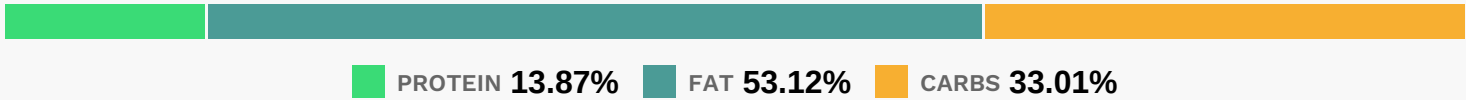
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Heat the sesame oil in a stockpot over medium-high heat; add the chicken, lemon juice, and soy sauce; cook and stir until the chicken is cooked through, 3 to 5 minutes.
- ☐ Whisk together the coconut milk, curry paste, and flour in a bowl until smooth; pour into the skillet.
- ☐ Add the bell pepper, sweet onion, red onion, garlic, potatoes, bamboo shoots, water chestnuts, and mushrooms; reduce heat to low, cover, and simmer 45 minutes. Stir in cilantro and remove from heat.

Nutrition Facts



Properties

Glycemic Index:47.78, Glycemic Load:20.89, Inflammation Score:-9, Nutrition Score:30.890000120453%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 9.8mg, Quercetin: 9.8mg, Quercetin: 9.8mg, Quercetin: 9.8mg

Nutrients (% of daily need)

Calories: 686.29kcal (34.31%), Fat: 42.48g (65.36%), Saturated Fat: 26.73g (167.07%), Carbohydrates: 59.39g (19.8%), Net Carbohydrates: 47.95g (17.44%), Sugar: 15.72g (17.46%), Cholesterol: 57.83mg (19.28%), Sodium: 524.55mg (22.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.96g (49.92%), Vitamin C: 70.78mg (85.8%), Manganese: 1.59mg (79.39%), Vitamin B6: 1.08mg (53.95%), Vitamin B3: 9.84mg (49.2%), Vitamin A: 2396.94IU (47.94%), Fiber: 11.44g (45.77%), Phosphorus: 409.8mg (40.98%), Copper: 0.75mg (37.47%), Potassium: 1297.13mg (37.06%), Selenium: 22.52µg (32.17%), Iron: 5.47mg (30.39%), Magnesium: 115.77mg (28.94%), Folate: 96.2µg (24.05%), Zinc: 3.56mg (23.75%), Vitamin B5: 2.34mg (23.39%), Vitamin B1: 0.34mg (22.42%), Vitamin B2: 0.27mg (15.6%), Vitamin E: 1.81mg (12.04%), Calcium: 78.15mg (7.82%), Vitamin K: 7.1µg (6.76%), Vitamin B12: 0.24µg (3.98%), Vitamin D: 0.24µg (1.6%)