



Curried Chicken in Lettuce Leaves



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 medium carrots shredded
- ☐ 1.3 pounds skinned and boned chicken thighs
- ☐ 3 tablespoons cornstarch
- ☐ 0.5 ounce mushroom caps dried
- ☐ 1 cup basil leaves fresh loosely packed chopped
- ☐ 1 small apples i use 2 granny smith apples peeled chopped
- ☐ 6 green onions
- ☐ 1 cup tiny peas sweet green frozen

- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 2 heads romaine lettuce
- ☐ 1 serrano chili pepper minced
- ☐ 3 tablespoons soya sauce
- ☐ 1.5 tablespoons thai curry paste
- ☐ 0.5 cup coconut milk unsweetened canned
- ☐ 0.3 cup vegetable oil divided
- ☐ 1 cup water hot
- ☐ 3 tablespoons water cold

Equipment

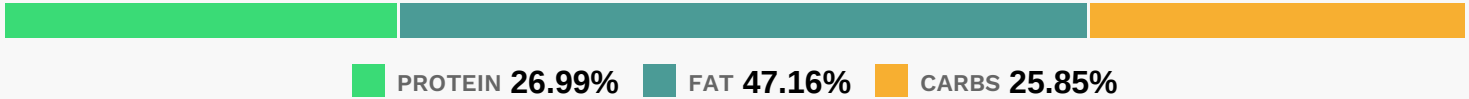
- ☐ frying pan
- ☐ whisk
- ☐ sieve
- ☐ measuring cup

Directions

- ☐ Soak mushrooms in hot water 30 minutes; drain, reserving liquid. Rinse mushrooms in cold water; pat dry.
- ☐ Remove and discard stems; thinly slice tops.
- ☐ Pour reserved liquid through a fine wire-mesh strainer into a measuring cup; reserve 1/2 cup.
- ☐ Slice green onions, separating green tops from white portions. Set aside.
- ☐ Remove excess fat from chicken.
- ☐ Cut chicken into 1-inch cubes.
- ☐ Saut chicken in 2 tablespoons hot oil in a large skillet 5 minutes or until done.
- ☐ Remove from pan; cool. Coarsely chop chicken. Set aside.
- ☐ Saut white portion of green onions and serrano pepper in remaining 2 tablespoons hot oil in a large skillet 1 minute; add mushroom liquid, curry paste, coconut milk, and soy sauce, and bring to a boil. Reduce heat, and simmer 3 minutes. Stir in mushrooms, carrot, and next 3 ingredients; simmer 3 minutes. Stir in chicken.

- ☐ Whisk together cornstarch and cold water until smooth; stir into chicken mixture. Bring to a boil over medium heat, stirring constantly; boil, stirring constantly, 1 minute. Stir in basil and green onion tops.
- ☐ Serve over romaine lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:13.61, Glycemic Load:0.74, Inflammation Score:-10, Nutrition Score:14.859565317631%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 104.5kcal (5.22%), Fat: 5.66g (8.72%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 6.98g (2.33%), Net Carbohydrates: 4.57g (1.66%), Sugar: 2.52g (2.8%), Cholesterol: 26.93mg (8.98%), Sodium: 186.09mg (8.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.59%), Vitamin A: 6307.75IU (126.15%), Vitamin K: 84.92µg (80.87%), Folate: 97.58µg (24.4%), Manganese: 0.24mg (12.11%), Vitamin B3: 2.25mg (11.27%), Selenium: 7.57µg (10.82%), Vitamin B6: 0.21mg (10.6%), Fiber: 2.42g (9.66%), Phosphorus: 95.46mg (9.55%), Vitamin C: 7.24mg (8.78%), Potassium: 306.97mg (8.77%), Vitamin B2: 0.12mg (7.21%), Iron: 1.27mg (7.04%), Vitamin B1: 0.1mg (6.74%), Copper: 0.13mg (6.49%), Vitamin B5: 0.63mg (6.32%), Magnesium: 24.47mg (6.12%), Zinc: 0.81mg (5.39%), Calcium: 35.05mg (3.5%), Vitamin B12: 0.18µg (3.02%), Vitamin E: 0.44mg (2.93%)