



Green Chicken Curry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz bamboo skewers drained canned
- ☐ 0.5 cup slivered basil leaves fresh
- ☐ 2 tablespoons firmly brown sugar packed
- ☐ 14 oz coconut milk reduced-fat canned
- ☐ 3 cups skinned and chicken shredded cooked
- ☐ 0.8 cup chicken broth
- ☐ 3 cups rice hot cooked
- ☐ 1 tablespoon cornstarch

- ☐ 3 tablespoons soya sauce
- ☐ 1.5 tablespoons thai curry paste green prepared

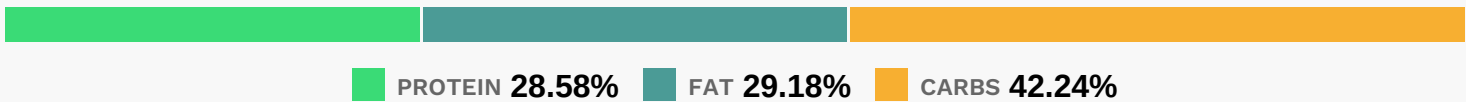
Equipment

- ☐ frying pan

Directions

- ☐ In a 4- to 5-quart pan, mix sugar and cornstarch smoothly with coconut milk, broth, soy, and curry paste. Stir over medium-high heat until simmering.
- ☐ Stir in chicken and bamboo shoots. When hot, add basil.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:36.32, Inflammation Score:-7, Nutrition Score:15.744347655255%

Nutrients (% of daily need)

Calories: 471.18kcal (23.56%), Fat: 14.67g (22.56%), Saturated Fat: 8.84g (55.22%), Carbohydrates: 47.75g (15.92%), Net Carbohydrates: 46.1g (16.76%), Sugar: 7.78g (8.64%), Cholesterol: 79.63mg (26.54%), Sodium: 1086.25mg (47.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.32g (64.63%), Selenium: 35.42µg (50.6%), Vitamin B3: 9.49mg (47.46%), Manganese: 0.79mg (39.66%), Vitamin B6: 0.65mg (32.6%), Phosphorus: 288.22mg (28.82%), Vitamin A: 1095.49IU (21.91%), Zinc: 2.66mg (17.74%), Vitamin B5: 1.6mg (16.04%), Vitamin B2: 0.23mg (13.72%), Iron: 2.33mg (12.97%), Copper: 0.25mg (12.32%), Vitamin K: 12.45µg (11.86%), Magnesium: 46.9mg (11.72%), Potassium: 380.73mg (10.88%), Vitamin B1: 0.12mg (8.12%), Fiber: 1.65g (6.6%), Vitamin B12: 0.31µg (5.22%), Calcium: 51.65mg (5.17%), Folate: 15.04µg (3.76%), Vitamin E: 0.45mg (2.97%), Vitamin C: 1.64mg (1.98%)