



## Lemon Coconut Thai-Inspired Pasta

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



526 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 5 ounce arugula
- 0.5 cup bean sprouts
- 1 cup coconut milk
- 0.5 cup cooking wine dry white
- 0.3 cup basil fresh chopped
- 0.3 cup parsley fresh chopped
- 3 cloves garlic minced to taste
- 3 green onions chopped

- 0.1 teaspoon ground pepper black
- 0.3 cup juice of lemon fresh
- 1 lemon zest
- 2 tablespoons olive oil
- 0.1 teaspoon pepper flakes red
- 2 roma tomatoes diced (plum)
- 0.3 teaspoon salt
- 1.5 cups meat from a rotisserie chicken shredded cooked
- 8 ounce pasta like spaghetti

## Equipment

- sauce pan
- whisk
- pot

## Directions

- Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally until cooked through but firm to the bite, about 12 minutes.
- Drain and return spaghetti to pot.
- Whisk coconut milk, white wine, lemon juice, olive oil, garlic, sugar, salt, red pepper flakes, and black pepper in a small saucepan over medium heat; simmer until flavors combine, 5 to 6 minutes.
- Stir chicken, tomatoes, bean sprouts, basil, parsley, and green onions into pasta; cook over low heat until warmed through, 3 to 5 minutes.
- Add coconut sauce; stir to combine.
- Serve pasta over a bed of arugula.
- Sprinkle with lemon zest.

## Nutrition Facts



PROTEIN 18.55% FAT 41.73% CARBS 39.72%

## Properties

Glycemic Index:105, Glycemic Load:19.63, Inflammation Score:-9, Nutrition Score:25.293913385142%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 12.62mg, Kaempferol: 12.62mg, Kaempferol: 12.62mg, Kaempferol: 12.62mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

## Nutrients (% of daily need)

Calories: 526.47kcal (26.32%), Fat: 23.83g (36.66%), Saturated Fat: 12.82g (80.16%), Carbohydrates: 51.02g (17.01%), Net Carbohydrates: 47.36g (17.22%), Sugar: 4.6g (5.11%), Cholesterol: 39.38mg (13.13%), Sodium: 214.26mg (9.32%), Alcohol: 3.09g (100%), Alcohol %: 1.24% (100%), Protein: 23.83g (47.65%), Vitamin K: 136.32µg (129.83%), Selenium: 49.39µg (70.55%), Manganese: 1.26mg (62.89%), Vitamin C: 27.33mg (33.13%), Vitamin A: 1628.9IU (32.58%), Phosphorus: 311.96mg (31.2%), Vitamin B3: 6.04mg (30.18%), Iron: 4.57mg (25.39%), Magnesium: 99.4mg (24.85%), Vitamin B6: 0.44mg (21.94%), Folate: 83.82µg (20.95%), Copper: 0.42mg (20.92%), Potassium: 695.19mg (19.86%), Zinc: 2.35mg (15.67%), Fiber: 3.66g (14.63%), Vitamin B5: 1.15mg (11.51%), Calcium: 114.52mg (11.45%), Vitamin B2: 0.19mg (10.99%), Vitamin E: 1.55mg (10.3%), Vitamin B1: 0.15mg (10.23%), Vitamin B12: 0.15µg (2.54%)