



Panang Curry with Chicken

 **Gluten Free**  **Dairy Free**  **Popular**  **Low Fod Map**

READY IN



35 min.

SERVINGS



4

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups coconut milk
- 4 servings cooking oil
- 5 tablespoons panang curry paste
- 2 tablespoons fish sauce to taste
- 6 kaffir lime leaves
- 2 tablespoons coconut sugar
- 2 chile peppers fresh red sliced
- 0.7 pound chicken breast boneless skinless cubed

0.3 cup thai basil leaves fresh

Equipment

frying pan

wok

Directions

Fry the curry paste in the oil in a large skillet or wok over medium heat until fragrant. Stir the coconut milk into the curry paste and bring to a boil.

Add the chicken; cook and stir until the chicken is nearly cooked through, 10 to 15 minutes. Stir the palm sugar, fish sauce, and lime leaves into the mixture; simmer together for 5 minutes. Taste and adjust the saltiness by adding more fish sauce if necessary.

Garnish with sliced red chile peppers and Thai basil leaves to serve.

Nutrition Facts

PROTEIN 11.78% **FAT 79.65%** **CARBS 8.57%**

Properties

Glycemic Index:66.5, Glycemic Load:9.85, Inflammation Score:-10, Nutrition Score:26.390869690024%

Nutrients (% of daily need)

Calories: 710.11kcal (35.51%), Fat: 65.65g (101%), Saturated Fat: 44.8g (279.99%), Carbohydrates: 15.9g (5.3%), Net Carbohydrates: 14.85g (5.4%), Sugar: 6.93g (7.7%), Cholesterol: 48.38mg (16.13%), Sodium: 838.25mg (36.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.84g (43.68%), Manganese: 1.83mg (91.36%), Vitamin A: 3270.21IU (65.4%), Vitamin B3: 9.83mg (49.13%), Iron: 8.57mg (47.63%), Vitamin C: 37.39mg (45.32%), Vitamin B6: 0.78mg (39.07%), Phosphorus: 386.86mg (38.69%), Magnesium: 145.5mg (36.38%), Selenium: 25.13µg (35.9%), Copper: 0.56mg (28.18%), Potassium: 879.71mg (25.13%), Vitamin K: 19.51µg (18.58%), Vitamin E: 2.76mg (18.41%), Vitamin B5: 1.48mg (14.82%), Zinc: 1.79mg (11.95%), Folate: 45.45µg (11.36%), Calcium: 80.38mg (8.04%), Vitamin B1: 0.12mg (7.73%), Vitamin B2: 0.1mg (5.95%), Fiber: 1.06g (4.22%), Vitamin B12: 0.19µg (3.24%)