



## Panang Curry with Chicken



Gluten Free



Dairy Free



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

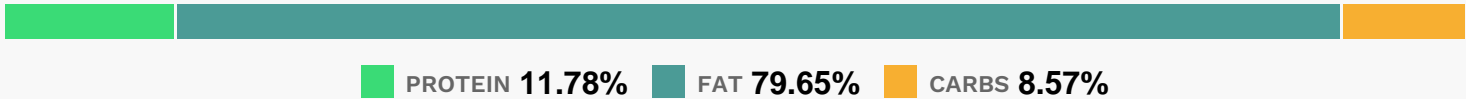
☐ frying pan

☐ 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



## 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%)