



## Pasta with Thai-Style Chicken

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



562 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 14 ounce coconut milk canned
- 2 tablespoons ginger root fresh grated peeled
- 0.8 pound green beans fresh trimmed
- 16 ounce fusilli pasta
- 2 cloves garlic pressed
- 2 tablespoons juice of lime
- 1 tablespoon olive oil
- 0.1 teaspoon pepper flakes red crushed

- 0.8 teaspoon salt
- 1 pound chicken breast halves boneless skinless thinly sliced

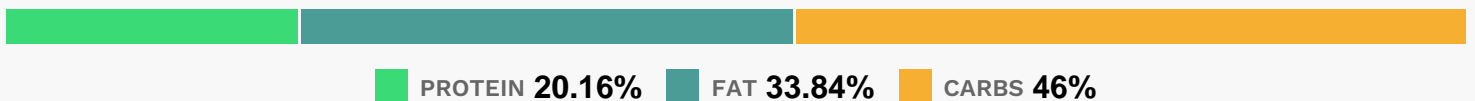
## Equipment

- frying pan
- pot
- colander

## Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the fusilli, and return to a boil. Cook the pasta uncovered, stirring occasionally, for 5 minutes; then stir in the green beans. Cook until the pasta has cooked through but is still firm to the bite and the green beans are tender but bright green, about 7 more minutes.
- Drain the pasta and green beans well in a colander set in the sink.
- Heat olive oil in a large skillet over medium heat, and cook the chicken just until it loses its pink color, about 2 minutes. Stir in ginger, garlic, salt, and red pepper flakes, and cook until the garlic is fragrant, about 1 minute; stir the coconut milk and lime juice into the skillet with the chicken. Bring the mixture to a boil; mix in the drained pasta, green beans, and cilantro. Reheat to a simmer.

## Nutrition Facts



## Properties

Glycemic Index:22.17, Glycemic Load:23.95, Inflammation Score:-7, Nutrition Score:23.426521985427%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

## Nutrients (% of daily need)

Calories: 561.72kcal (28.09%), Fat: 21.33g (32.82%), Saturated Fat: 14.95g (93.46%), Carbohydrates: 65.25g (21.75%), Net Carbohydrates: 59.75g (21.73%), Sugar: 6.21g (6.9%), Cholesterol: 48.38mg (16.13%), Sodium: 397.54mg (17.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.59g (57.19%), Selenium: 76.58µg (109.41%), Manganese: 1.46mg (72.87%), Vitamin B3: 10.13mg (50.63%), Vitamin B6: 0.79mg (39.71%), Phosphorus: 392.48mg (39.25%), Magnesium: 100.1mg (25.02%), Vitamin K: 26.17µg (24.93%), Copper: 0.46mg (23.21%), Fiber: 5.51g (22.03%), Potassium: 762.35mg (21.78%), Vitamin B5: 1.67mg (16.69%), Iron: 2.99mg (16.61%), Vitamin C: 11.61mg (14.07%), Zinc: 2.11mg (14.07%), Vitamin B1: 0.18mg (12.27%), Folate: 46.72µg (11.68%), Vitamin B2: 0.18mg (10.76%), Vitamin A: 428.85IU (8.58%), Vitamin E: 0.93mg (6.19%), Calcium: 54.44mg (5.44%), Vitamin B12: 0.15µg (2.52%)