



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
- 0.3 cup cilantro leaves fresh chopped
- 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

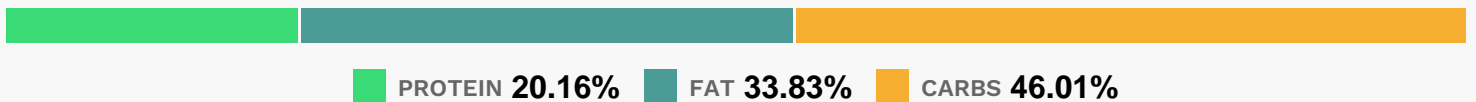
Equipment

- 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:27.5, Glycemic Load:23.96, Inflammation Score:-7, Nutrition Score:23.605217290961%

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

0.09mg, Myricetin: 0.09mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 561.88kcal (28.09%), Fat: 21.34g (32.83%), Saturated Fat: 14.95g (93.46%), Carbohydrates: 65.28g (21.76%), Net Carbohydrates: 59.75g (21.73%), Sugar: 6.22g (6.91%), Cholesterol: 48.38mg (16.13%), Sodium: 397.85mg (17.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.61g (57.21%), Selenium: 76.59µg (109.41%), Manganese: 1.46mg (73.01%), Vitamin B3: 10.13mg (50.66%), Vitamin B6: 0.8mg (39.76%), Phosphorus: 392.8mg (39.28%), Vitamin K: 28.24µg (26.89%), Magnesium: 100.27mg (25.07%), Copper: 0.47mg (23.29%), Fiber: 5.53g (22.1%), Potassium: 765.82mg (21.88%), Vitamin B5: 1.67mg (16.73%), Iron: 3mg (16.67%), Vitamin C: 11.79mg (14.29%), Zinc: 2.11mg (14.09%), Vitamin B1: 0.18mg (12.3%), Folate: 47.14µg (11.78%), Vitamin B2: 0.18mg (10.83%), Vitamin A: 473.83IU (9.48%), Vitamin E: 0.94mg (6.3%), Calcium: 54.89mg (5.49%), Vitamin B12: 0.15µg (2.52%)