



Spicy Basil Chicken



Gluten Free



Dairy Free

READY IN



19 min.

SERVINGS



4

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup basil leaves sliced
- ☐ 4 servings brown rice with sesame
- ☐ 2 teaspoons canola oil
- ☐ 1.3 teaspoons chile paste with garlic (such as sambal oelek)
- ☐ 0.5 teaspoon cornstarch
- ☐ 1 tablespoon fish sauce
- ☐ 3 garlic cloves thinly sliced
- ☐ 2 teaspoons lower-sodium soy sauce

- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup shallots minced
- ☐ 24 ounce chicken thighs boneless skinless cut into 1-inch pieces
- ☐ 4 servings sauteed snow peas and peppers
- ☐ 2 teaspoons sugar
- ☐ 1 teaspoon water

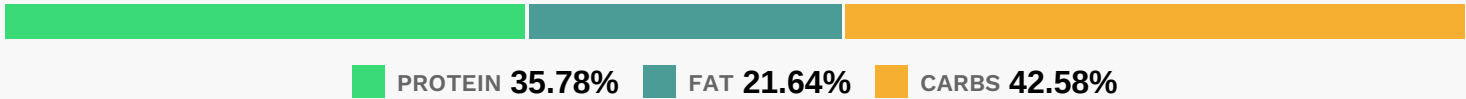
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add shallots and garlic to pan; cook for 30 seconds or until fragrant.
- ☐ Add chicken to pan; cook 13 minutes or until chicken is done.
- ☐ Combine fish sauce and the next 6 ingredients (through salt) in a small bowl, stirring with a whisk.
- ☐ Add fish sauce mixture to pan, and cook for 1 minute or until mixture thickens, stirring to coat chicken.
- ☐ Remove from heat. Stir in basil.

Nutrition Facts



Properties

Glycemic Index:64.71, Glycemic Load:22.53, Inflammation Score:-8, Nutrition Score:28.617825881295%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 440.36kcal (22.02%), Fat: 10.42g (16.03%), Saturated Fat: 2.18g (13.62%), Carbohydrates: 46.13g (15.38%), Net Carbohydrates: 42.67g (15.51%), Sugar: 5.46g (6.07%), Cholesterol: 161.59mg (53.86%), Sodium: 673.82mg (29.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.76g (77.53%), Manganese: 2.05mg (102.5%), Vitamin B3: 12.06mg (60.31%), Vitamin B6: 1.18mg (59.17%), Selenium: 39.75µg (56.78%), Phosphorus: 488.2mg (48.82%), Vitamin C: 31.92mg (38.69%), Magnesium: 133.56mg (33.39%), Vitamin B5: 3.19mg (31.92%), Vitamin B1: 0.44mg (29.32%), Vitamin K: 27.08µg (25.79%), Zinc: 3.81mg (25.4%), Vitamin B2: 0.38mg (22.22%), Potassium: 733.95mg (20.97%), Iron: 3.6mg (19.99%), Vitamin B12: 1.11µg (18.5%), Copper: 0.3mg (14.95%), Fiber: 3.47g (13.88%), Vitamin A: 683.4IU (13.67%), Folate: 46.89µg (11.72%), Calcium: 68.24mg (6.82%), Vitamin E: 0.89mg (5.9%)