



Spicy Thai Basil Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup basil
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 teaspoons canola oil divided
- ☐ 2 teaspoons t brown sugar dark
- ☐ 1 tablespoon fish sauce
- ☐ 4 teaspoons garlic fresh minced
- ☐ 1 pound ground chicken
- ☐ 1 tablespoon juice of lime fresh

- ☐ 4 lime wedges
- ☐ 2 teaspoons soy sauce
- ☐ 0.5 cup bell pepper red thinly sliced
- ☐ 2 serrano chiles minced
- ☐ 0.5 cup shallots minced

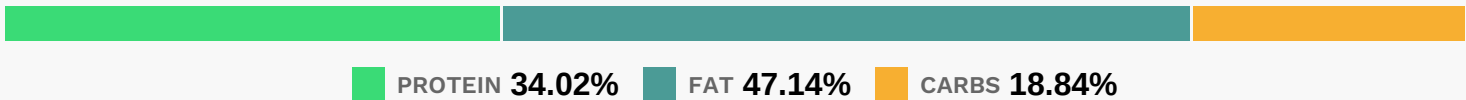
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 2 teaspoons oil to pan; swirl to coat.
- ☐ Add shallots; saut 2 minutes.
- ☐ Add bell pepper; saut 1 minute.
- ☐ Add garlic; saut 30 seconds.
- ☐ Remove shallot mixture from pan.
- ☐ Add remaining 2 teaspoons oil to pan; swirl to coat.
- ☐ Add chicken; cook 5 minutes or until browned, stirring to crumble.
- ☐ Drain well. Return chicken to pan over medium heat.
- ☐ Add chiles; cook 1 minute.
- ☐ Add shallot mixture to pan. Stir in fish sauce and next 3 ingredients (through black pepper); cook 1 minute or until thoroughly heated.
- ☐ Remove pan from heat; stir in basil and juice.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:2.22, Inflammation Score:-7, Nutrition Score:16.416956569837%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 247.72kcal (12.39%), Fat: 13.39g (20.6%), Saturated Fat: 2.93g (18.34%), Carbohydrates: 12.04g (4.01%), Net Carbohydrates: 9.87g (3.59%), Sugar: 5.76g (6.4%), Cholesterol: 97.52mg (32.51%), Sodium: 517.65mg (22.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.74g (43.49%), Vitamin C: 35.95mg (43.58%), Vitamin B6: 0.83mg (41.53%), Vitamin B3: 6.86mg (34.31%), Vitamin K: 30.55µg (29.09%), Phosphorus: 242.09mg (24.21%), Potassium: 817.72mg (23.36%), Vitamin A: 941.31IU (18.83%), Vitamin B2: 0.32mg (18.72%), Selenium: 12.92µg (18.46%), Vitamin B5: 1.48mg (14.81%), Manganese: 0.29mg (14.52%), Zinc: 1.98mg (13.18%), Magnesium: 48.88mg (12.22%), Vitamin B1: 0.17mg (11.27%), Vitamin B12: 0.66µg (10.94%), Iron: 1.84mg (10.21%), Vitamin E: 1.44mg (9.62%), Fiber: 2.18g (8.7%), Copper: 0.16mg (7.88%), Folate: 29.87µg (7.47%), Calcium: 46.79mg (4.68%)