



Stir-Fried Lemongrass Chicken



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons canola oil divided
- ☐ 0.3 cup cashew pieces unsalted
- ☐ 2 tablespoons chicken stock see unsalted (such as Swanson)
- ☐ 1 tablespoon fish sauce
- ☐ 2 garlic clove sliced
- ☐ 8 ounces haricots verts trimmed
- ☐ 1 tablespoon lemon grass fresh peeled sliced

- ☐ 2 teaspoons soy sauce
- ☐ 1 cup bell pepper red sliced
- ☐ 0.5 cup shallots sliced
- ☐ 1 pound chicken thighs boneless skinless thinly sliced
- ☐ 1 thai chile thinly sliced
- ☐ 1 teaspoon chili paste depending on your taste pref fresh (ground chile paste)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ Combine first 5 ingredients.
- ☐ Heat a large wok or large skillet over high heat.
- ☐ Add 1 tablespoon oil; swirl to coat.
- ☐ Add lemongrass and garlic; stir-fry 30 seconds.
- ☐ Remove from pan with a slotted spoon; place in a small bowl.
- ☐ Add bell pepper, shallots, and haricots verts to pan; stir-fry 2 minutes.
- ☐ Remove vegetables from pan with a slotted spoon; add to lemongrass mixture.
- ☐ Add remaining 1 tablespoon oil to pan; swirl to coat.
- ☐ Add chicken in a single layer; cook 2 minutes or until browned.
- ☐ Add cashews and chile to pan; stir-fry 2 minutes or until chicken is done. Stir in stock mixture and vegetable mixture. Bring to a boil; cook 1 minute or until sauce begins to thicken.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.8, Glycemic Load:3.66, Inflammation Score:-9, Nutrition Score:23.558695793152%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 327kcal (16.35%), Fat: 16.76g (25.78%), Saturated Fat: 2.6g (16.27%), Carbohydrates: 19.17g (6.39%), Net Carbohydrates: 15.49g (5.63%), Sugar: 9.75g (10.83%), Cholesterol: 107.95mg (35.98%), Sodium: 566.1mg (24.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.76g (53.51%), Vitamin C: 59.57mg (72.21%), Vitamin B6: 0.89mg (44.56%), Selenium: 29.36µg (41.95%), Vitamin B3: 7.59mg (37.97%), Vitamin K: 38.55µg (36.71%), Phosphorus: 335.94mg (33.59%), Vitamin A: 1598.22IU (31.96%), Manganese: 0.56mg (28.09%), Magnesium: 93.96mg (23.49%), Potassium: 701.64mg (20.05%), Copper: 0.39mg (19.53%), Vitamin B2: 0.32mg (19.02%), Zinc: 2.78mg (18.55%), Vitamin B5: 1.81mg (18.12%), Iron: 2.98mg (16.54%), Vitamin B1: 0.24mg (16.11%), Vitamin E: 2.38mg (15.87%), Fiber: 3.68g (14.72%), Folate: 58.2µg (14.55%), Vitamin B12: 0.75µg (12.46%), Calcium: 58.02mg (5.8%)