



Thai Chicken

 **Gluten Free**  **Dairy Free**

READY IN



38 min.

SERVINGS



4

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup chicken broth chicken stock low-sodium
- 4 servings freshly cilantro leaves chopped for garnish
- 1 teaspoon garlic crushed
- 16 ounce cut green beans frozen thawed (recommended: Birds Eye)
- 1 lemon zest
- 14 ounce lite coconut milk canned (recommended: A Taste of Thai)
- 2 teaspoons thai seasoning
- 1.5 pounds chicken breasts boneless skinless cut into 1-inch pieces

- 8 ounce mushrooms fresh white sliced
- 1 cup onion diced yellow

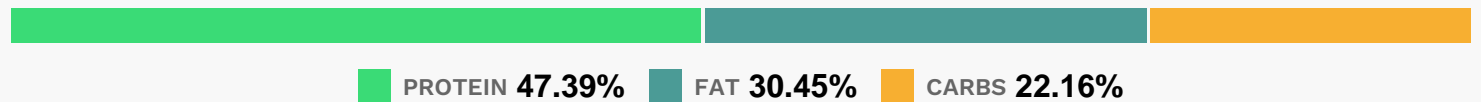
Equipment

- bowl
- frying pan

Directions

- Season chicken breast pieces with Thai seasoning; set aside.
- Spray a large nonstick skillet with olive oil cooking spray and heat over medium-high heat.
- Add seasoned chicken, onion, garlic and mushrooms.
- Saute until chicken is just cooked, about 8 to 10 minutes.
- Add the green beans, chicken stock, coconut milk and lemon zest. Bring to a boil, then reduce heat and simmer until the beans are cooked al dente, about 8 minutes, stirring occasionally.
- Transfer to a serving bowl and serve hot garnished with cilantro.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:3.57, Inflammation Score:-8, Nutrition Score:30.329999866693%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg

Nutrients (% of daily need)

Calories: 350.96kcal (17.55%), Fat: 11.7g (18%), Saturated Fat: 7.74g (48.38%), Carbohydrates: 19.16g (6.39%), Net Carbohydrates: 13.63g (4.95%), Sugar: 6.71g (7.45%), Cholesterol: 108.86mg (36.29%), Sodium: 296.54mg (12.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.97g (81.94%), Vitamin B3: 21mg (104.98%), Selenium: 60.81µg (86.88%), Vitamin B6: 1.58mg (79.01%), Vitamin K: 64.91µg (61.81%), Phosphorus: 470.1mg (47.01%), Vitamin B5: 3.61mg (36.1%), Potassium: 1157mg (33.06%), Vitamin B2: 0.55mg (32.14%), Vitamin C: 22.28mg (27%), Manganese:

0.48mg (24.23%), Magnesium: 88.92mg (22.23%), Fiber: 5.53g (22.13%), Vitamin B1: 0.27mg (18.2%), Vitamin A: 883.76IU (17.68%), Iron: 3.13mg (17.38%), Copper: 0.35mg (17.35%), Folate: 67.58µg (16.9%), Zinc: 1.72mg (11.44%), Calcium: 104.75mg (10.47%), Vitamin E: 1.26mg (8.39%), Vitamin B12: 0.38µg (6.29%), Vitamin D: 0.28µg (1.89%)