



 **12%**  
HEALTH SCORE

## Thai Chicken

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



790 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 10 ounce coconut milk canned
- 1 pound chicken breast boneless skinless cubed
- 2 tablespoons cilantro leaves chopped
- 3 tablespoons fish sauce
- 1 teaspoon curry paste green
- 0.5 cup mushrooms sliced
- 0.5 cup mushrooms sliced
- 1 onion chopped

- 1 tablespoon vegetable oil; peanut oil preferred
- 8 ounce vermicelli
- 8 ounce vermicelli
- 4 servings water boiling to cover
- 2 tablespoons granulated sugar white
- 1 zucchini diced

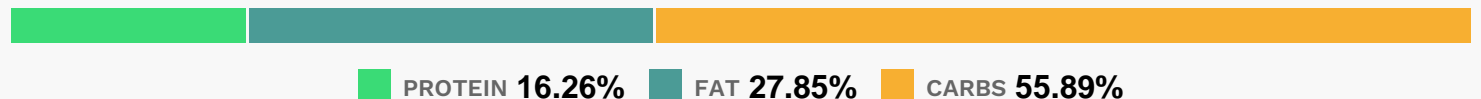
## Equipment

- bowl
- frying pan
- wok

## Directions

- Place the rice noodles in a bowl.
- Pour the boiling water over the noodles; set aside.
- Heat the oil in a large wok or skillet over medium-high heat. Cook and stir the onion, zucchini, and mushrooms until softened; remove from skillet, reserving the oil, and set aside.
- Reheat the remaining oil in the skillet. Cook and stir the chicken in the hot oil until no longer pink, about 5 minutes. Return the vegetable mixture to the skillet and add the fish sauce, curry paste, and sugar; stir to coat the chicken and vegetables with sauce.
- Drain the rice noodles and add to the mixture.
- Pour the coconut milk into the skillet and stir to combine.
- Sprinkle with cilantro to serve.

## Nutrition Facts



## Properties

Glycemic Index:81.02, Glycemic Load:58.78, Inflammation Score:-6, Nutrition Score:24.940869720086%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

## **Nutrients (% of daily need)**

Calories: 789.91kcal (39.5%), Fat: 24.32g (37.41%), Saturated Fat: 16.47g (102.91%), Carbohydrates: 109.78g (36.59%), Net Carbohydrates: 105.16g (38.24%), Sugar: 11.8g (13.11%), Cholesterol: 72.57mg (24.19%), Sodium: 1426.53mg (62.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.94g (63.88%), Selenium: 61.54µg (87.91%), Vitamin B3: 14.05mg (70.25%), Manganese: 1.4mg (69.85%), Vitamin B6: 1.08mg (54.07%), Phosphorus: 530.78mg (53.08%), Magnesium: 109.09mg (27.27%), Potassium: 924.39mg (26.41%), Copper: 0.47mg (23.3%), Vitamin B5: 2.31mg (23.14%), Fiber: 4.62g (18.49%), Vitamin C: 14.88mg (18.04%), Vitamin B2: 0.29mg (17.16%), Iron: 2.88mg (16%), Zinc: 2.35mg (15.68%), Vitamin B1: 0.18mg (12.14%), Folate: 47.35µg (11.84%), Vitamin A: 344.56IU (6.89%), Calcium: 67.15mg (6.72%), Vitamin E: 0.94mg (6.29%), Vitamin B12: 0.3µg (5.02%), Vitamin K: 3.16µg (3.01%), Vitamin D: 0.16µg (1.08%)