



# Thai Chicken Curry

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

READY IN



45 min.

SERVINGS



4

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 servings basil fresh chopped
- 0.8 pound carrots peeled cut into 1/2"-thick rounds
- 4 ounce thai curry paste yellow canned
- 1 medium onion chopped
- 1 bell pepper red cut into 1" pieces
- 1 pound chicken thighs boneless skinless cut into 1" pieces
- 2 teaspoons vegetable oil
- 1 pound yukon gold potatoes peeled cut into 1/2" pieces ( 3)

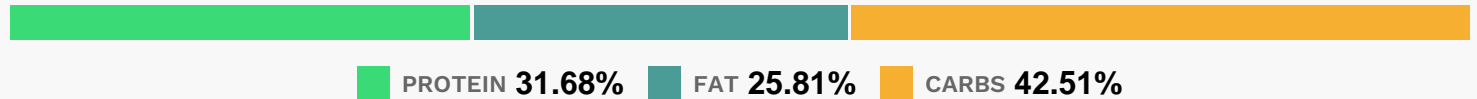
# Equipment

- bowl
- pot

# Directions

- Heat oil in a large heavy pot over medium heat.
- Add curry paste and cook, stirring, until fragrant, about 1 minute.
- Add carrots, onion, and pepper and cook, stirring occasionally, until onion is translucent, about 10 minutes.
- Add potatoes, chicken, coconut milk, and 1 1/2 cups water and bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until chicken is cooked through and potatoes are tender, about 20 minutes. Divide curry among bowls and top with herbs.
- Per serving: 260 calories, 14 g fat, 3 g fiber
- Bon Appétit

# Nutrition Facts



# Properties

Glycemic Index: 64.9, Glycemic Load: 18.16, Inflammation Score: -10, Nutrition Score: 27.396956609643%

# Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

# Nutrients (% of daily need)

Calories: 328.82kcal (16.44%), Fat: 9.42g (14.49%), Saturated Fat: 2.48g (15.48%), Carbohydrates: 34.9g (11.63%), Net Carbohydrates: 27.85g (10.13%), Sugar: 9.35g (10.39%), Cholesterol: 107.73mg (35.91%), Sodium: 169.29mg (7.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.01g (52.01%), Vitamin A: 19740.27IU (394.81%), Vitamin C: 70.21mg (85.11%), Vitamin B6: 1.08mg (53.96%), Vitamin B3: 8.71mg (43.53%), Selenium: 26.23µg (37.47%), Potassium: 1136.21mg (32.46%), Phosphorus: 323.29mg (32.33%), Vitamin K: 30.67µg (29.21%), Fiber:

7.05g (28.2%), Vitamin B5: 2.06mg (20.61%), Manganese: 0.41mg (20.25%), Vitamin B2: 0.32mg (18.86%), Vitamin B1: 0.28mg (18.55%), Magnesium: 69.97mg (17.49%), Iron: 3.03mg (16.84%), Zinc: 2.39mg (15.96%), Folate: 59.11µg (14.78%), Copper: 0.25mg (12.39%), Vitamin B12: 0.73µg (12.1%), Calcium: 103.52mg (10.35%), Vitamin E: 1.45mg (9.68%)