



## Thai Chicken Curry Stew

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

READY IN



**67 min.**

SERVINGS



**30**

CALORIES



**53 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons basil chopped
- 2 carrots thinly sliced
- 0.3 cup chicken broth
- 0.3 cup cilantro leaves chopped
- 1 teaspoon fish sauce
- 3 cloves garlic minced
- 1 pound ground chicken
- 1 piece lemongrass with side of a knife, optional trimmed

- 13.6 oz coconut milk light canned
- 1 pound mushrooms sliced
- 0.3 tsp curry paste red
- 3 shallots chopped
- 2 tablespoons soya sauce
- 3 tablespoons vegetable oil

## Equipment

- bowl
- frying pan

## Directions

- Warm 1 Tbsp. oil in a skillet over medium heat. Saut mushrooms until golden, 15 to 17 minutes.
- Transfer to a bowl.
- Add 1 Tbsp. oil to skillet. Saut carrots until tender, about 5 minutes.
- Transfer to bowl.
- Add remaining 1 Tbsp. oil to skillet. Saut shallots, stirring, until softened, 2 to 3 minutes. Stir in garlic; saut 30 seconds.
- Add chicken; saut until cooked through, about 3 minutes.
- Stir in broth, fish sauce, soy sauce, coconut milk and curry; add lemongrass, if desired. Turn heat to medium-high; bring to a boil. Reduce to medium and simmer 5 minutes, stirring once or twice.
- Remove from heat, discard lemongrass and stir in herbs.
- Serve.

## Nutrition Facts

 **PROTEIN 25.5%**  **FAT 59.62%**  **CARBS 14.88%**

## Properties

Glycemic Index:8.53, Glycemic Load:0.38, Inflammation Score:-5, Nutrition Score:3.30173911543%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 52.79kcal (2.64%), Fat: 3.52g (5.41%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.73g (0.81%), Cholesterol: 13.04mg (4.35%), Sodium: 113.79mg (4.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.77%), Vitamin A: 705.17IU (14.1%), Vitamin B3: 1.5mg (7.49%), Vitamin B2: 0.1mg (6.12%), Vitamin B6: 0.11mg (5.74%), Phosphorus: 45.28mg (4.53%), Potassium: 155.57mg (4.44%), Selenium: 3.06µg (4.38%), Vitamin B5: 0.42mg (4.18%), Vitamin K: 4.29µg (4.08%), Copper: 0.07mg (3.31%), Vitamin B1: 0.03mg (2.33%), Manganese: 0.05mg (2.3%), Zinc: 0.34mg (2.24%), Magnesium: 6.71mg (1.68%), Iron: 0.3mg (1.67%), Vitamin B12: 0.09µg (1.53%), Fiber: 0.37g (1.48%), Folate: 5µg (1.25%), Vitamin E: 0.19mg (1.25%), Vitamin C: 0.93mg (1.13%)