



Thai Chicken Curry with Coconut Milk

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



3

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz bamboo skewers rinsed drained sliced canned
- 14 oz coconut milk reduced-fat canned
- 3 servings fish sauce
- 0.5 pound green beans ends trimmed
- 1 tablespoon salad oil
- 2 chicken breast halves boneless skinless
- 1 teaspoon sugar
- 1 tablespoons thai curry paste fresh red minced prepared (or 1 tablespoon ginger, 1 teaspoon curry powder, 1 teaspoon chili powder, and)

Equipment

frying pan

Directions

Slice beans diagonally into 1 1/2-inch lengths.

Cut chicken into 1-inch cubes.

Place a 10- to 12-inch frying pan over high heat. When pan is hot, add oil and beans; stir-fry 2 minutes.

Add chicken and cook, stirring occasionally, until lightly browned, about 4 minutes.

Add curry paste, coconut milk, and sugar. Reduce heat to low and stir until curry paste is well blended.

Add bamboo shoots; continue cooking until hot, 3 to 4 minutes.

Add fish sauce to taste.

Nutrition Facts

 **PROTEIN 27.12%** **FAT 52.8%** **CARBS 20.08%**

Properties

Glycemic Index:49.36, Glycemic Load:2.86, Inflammation Score:-8, Nutrition Score:15.142173984776%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 286.41kcal (14.32%), Fat: 16.27g (25.03%), Saturated Fat: 9.84g (61.53%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 10.63g (3.87%), Sugar: 5.62g (6.24%), Cholesterol: 48.21mg (16.07%), Sodium: 286.06mg (12.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.8g (37.61%), Vitamin B3: 8.54mg (42.71%), Vitamin B6: 0.78mg (38.88%), Selenium: 25.04µg (35.77%), Vitamin K: 35.99µg (34.27%), Vitamin A: 1341.68IU (26.83%), Phosphorus: 205.9mg (20.59%), Manganese: 0.3mg (14.78%), Potassium: 501.63mg (14.33%), Vitamin C: 11.38mg (13.8%), Vitamin B5: 1.31mg (13.14%), Fiber: 3.28g (13.14%), Vitamin E: 1.75mg (11.64%), Magnesium: 43.26mg (10.82%), Vitamin B2: 0.17mg (10.26%), Vitamin B1: 0.13mg (8.67%), Iron: 1.44mg (7.98%), Copper: 0.16mg (7.96%), Folate:

30.74µg (7.68%), Zinc: 1.11mg (7.41%), Calcium: 45.23mg (4.52%), Vitamin B12: 0.16µg (2.59%)