

Thai Chicken Dip

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

READY IN

ready

20 min.

SERVINGS

servings

3

CALORIES

calories

951 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup full fat coconut cream
- ☐ 1.5 tablespoons fish sauce
- ☐ 2 cloves garlic crushed
- ☐ 1.5 pounds ground chicken
- ☐ 0.3 cup juice of lime
- ☐ 1 tablespoon vietnamese mint finely chopped
- ☐ 0.5 cup chunky peanut butter
- ☐ 2 small chile peppers red

☐ 2 tablespoons vegetable oil

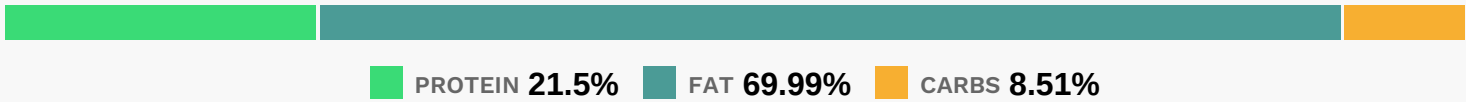
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add the chicken, and cook while stirring to crumble until no longer pink. Stir in the chilies, garlic, peanut butter, lime juice, coconut cream and fish sauce. Bring to a boil, then reduce heat to low, and simmer for 5 minutes. Stir in the mint, and serve warm or hot.
- ☐ Garnish with a few leaves of mint.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:2.23, Inflammation Score:-7, Nutrition Score:37.516086951546%

Flavonoids

Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 951.2kcal (47.56%), Fat: 77.33g (118.97%), Saturated Fat: 35.57g (222.3%), Carbohydrates: 21.14g (7.05%), Net Carbohydrates: 16.59g (6.03%), Sugar: 6.91g (7.67%), Cholesterol: 195.04mg (65.01%), Sodium: 1034.34mg (44.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.45g (106.9%), Vitamin B3: 19.74mg (98.68%), Manganese: 1.84mg (92.24%), Vitamin B6: 1.61mg (80.72%), Phosphorus: 668.64mg (66.86%), Vitamin C: 54.62mg (66.2%), Potassium: 1857.88mg (53.08%), Magnesium: 169.33mg (42.33%), Vitamin B2: 0.67mg (39.43%), Selenium: 26.18µg (37.39%), Vitamin E: 5.54mg (36.93%), Zinc: 5.35mg (35.69%), Copper: 0.69mg (34.62%), Vitamin B5: 3.26mg (32.63%), Iron: 4.95mg (27.51%), Vitamin B1: 0.37mg (24.35%), Vitamin K: 23.01µg (21.92%), Vitamin B12: 1.31µg (21.89%), Folate: 73.79µg (18.45%), Fiber: 4.56g (18.23%), Vitamin A: 371.1IU (7.42%), Calcium: 62.98mg (6.3%)