



Thai Ginger Chicken (Gai Pad King)

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

READY IN



50 min.

SERVINGS



4

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon asian fish sauce
- 2 tablespoons chicken broth
- 2 tablespoons cilantro leaves fresh
- 0.5 cup ginger fresh cut into matchsticks
- 0.8 cup mushrooms fresh sliced
- 3 cloves garlic minced
- 4 green onions cut into 2-inch pieces
- 4 servings salt and ground pepper black to taste

- 1.5 cups jasmine rice uncooked
- 1 tablespoon oyster sauce
- 1 large bell pepper red cut into strips
- 1 pound chicken breast halves boneless skinless cut into thin strips
- 0.5 teaspoon thai chile paste red to taste
- 2 tablespoons vegetable oil
- 3.5 cups water
- 1 tablespoon sugar white

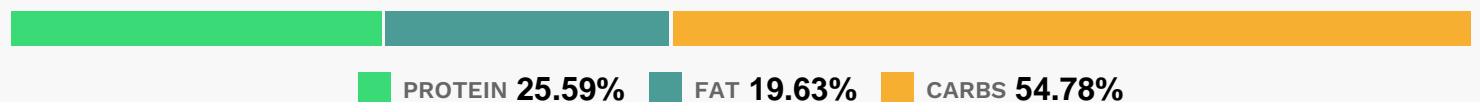
Equipment

- frying pan
- sauce pan
- wok

Directions

- Bring the rice and water to a boil in a saucepan. Reduce heat to medium-low; cover and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.
- Meanwhile, heat a wok or large skillet over medium-high heat. Stir in the garlic and chicken; cook for 2 minutes.
- Add the fish sauce, oyster sauce, sugar, ginger, red pepper, mushrooms, and onions. Cook and stir until the chicken is no longer pink and the vegetables are nearly tender, about 3 minutes. Dissolve the chile paste in the chicken broth, then add to the chicken mixture. Season to taste with salt and pepper; sprinkle with cilantro leaves to garnish.
- Serve with the hot rice.

Nutrition Facts



Properties

Glycemic Index:84.07, Glycemic Load:36.81, Inflammation Score:-8, Nutrition Score:26.027391433716%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 490.83kcal (24.54%), Fat: 10.55g (16.23%), Saturated Fat: 1.87g (11.71%), Carbohydrates: 66.21g (22.07%), Net Carbohydrates: 63.62g (23.13%), Sugar: 5.92g (6.57%), Cholesterol: 72.72mg (24.24%), Sodium: 655.96mg (28.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.93g (61.86%), Vitamin B3: 14.36mg (71.79%), Selenium: 49.62µg (70.89%), Vitamin C: 57.96mg (70.25%), Vitamin B6: 1.18mg (58.79%), Manganese: 0.94mg (47.03%), Vitamin K: 40.49µg (38.56%), Phosphorus: 358.2mg (35.82%), Vitamin A: 1453.55IU (29.07%), Vitamin B5: 2.77mg (27.75%), Potassium: 756.53mg (21.62%), Magnesium: 71.99mg (18%), Copper: 0.34mg (16.86%), Vitamin B2: 0.28mg (16.76%), Zinc: 1.77mg (11.77%), Vitamin B1: 0.18mg (11.69%), Folate: 44.25µg (11.06%), Vitamin E: 1.61mg (10.71%), Fiber: 2.59g (10.36%), Iron: 1.6mg (8.88%), Calcium: 53.75mg (5.38%), Vitamin B12: 0.28µg (4.59%)