



## Thai Green Chicken and Corn Curry

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

READY IN



30 min.

SERVINGS



4

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 large ears corn fresh sweet cleaned
- 13.6 oz coconut milk light unsweetened canned (not cream of coconut)
- 1.5 lb chicken thighs boneless skinless cut into bite-size pieces
- 0.5 cup onion red sliced
- 1 tablespoon curry paste green
- 1 tablespoon fish sauce
- 1 tablespoon brown sugar packed
- 2 cups rice hot cooked

0.3 cup cilantro leaves fresh chopped

## Equipment

bowl

sauce pan

knife

## Directions

Holding ear of corn steady, use sharp knife to make long downward strokes against cob, separating kernels from cob; set kernels aside.

Place cob in 2-quart saucepan; add coconut milk.

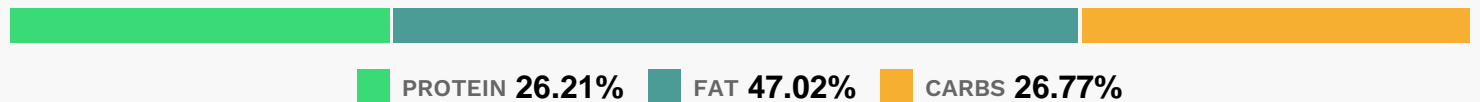
Heat to boiling; reduce heat. Simmer 5 minutes.

Remove and discard cob.

Add corn kernels, chicken, onion, curry paste, fish sauce and brown sugar to saucepan with coconut milk. Cook over medium heat about 10 minutes, stirring occasionally, until chicken is thoroughly cooked.

In each of 4 bowls, place 1/2 cup cooked rice. Divide chicken mixture among bowls; sprinkle each with 1 tablespoon cilantro.

## Nutrition Facts



## Properties

Glycemic Index:42, Glycemic Load:24.33, Inflammation Score:-7, Nutrition Score:24.516956515934%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

## Nutrients (% of daily need)

Calories: 583.07kcal (29.15%), Fat: 30.93g (47.59%), Saturated Fat: 22.39g (139.95%), Carbohydrates: 39.62g (13.21%), Net Carbohydrates: 35.97g (13.08%), Sugar: 9.69g (10.77%), Cholesterol: 161.59mg (53.86%), Sodium:

527.41mg (22.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.79g (77.58%), Selenium: 51.11µg (73.02%), Manganese: 1.38mg (69.19%), Vitamin B3: 11.32mg (56.61%), Phosphorus: 486.97mg (48.7%), Vitamin B6: 0.94mg (47%), Vitamin B5: 2.82mg (28.22%), Magnesium: 107.9mg (26.97%), Zinc: 3.83mg (25.54%), Potassium: 845.77mg (24.16%), Copper: 0.44mg (21.96%), Vitamin B2: 0.34mg (20.03%), Iron: 3.5mg (19.44%), Vitamin B12: 1.11µg (18.5%), Vitamin B1: 0.26mg (17.32%), Vitamin A: 766.72IU (15.33%), Fiber: 3.66g (14.63%), Folate: 46.36µg (11.59%), Vitamin C: 7.22mg (8.75%), Vitamin K: 8.32µg (7.92%), Calcium: 54.29mg (5.43%), Vitamin E: 0.54mg (3.58%)