



## Thai Green Chicken Curry

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

READY IN



**25 min.**

SERVINGS



**4**

CALORIES



**436 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup basil fresh chopped for garnish
- 2 teaspoons fish sauce (such as nam pla or nuoc nam)
- 2 tablespoons juice of lime fresh for garnish
- 1 large bell pepper red cut into strips
- 0.8 cup shallots sliced ( 5 large)
- 1 pound chicken breast halves boneless skinless cut into thin strips
- 1.8 teaspoons curry paste green
- 14 ounce coconut milk unsweetened canned

1 tablespoon vegetable oil

## Equipment

bowl

sauce pan

## Directions

Heat oil in large saucepan over medium heat.

Add shallots and curry paste; stir until shallots soften, about 2 minutes.

Add coconut milk and fish sauce; bring to boil.

Add chicken and bell pepper; stir until chicken is just cooked through. Stir in chopped basil and lime juice. Season to taste with salt and pepper.

Divide curry among bowls.

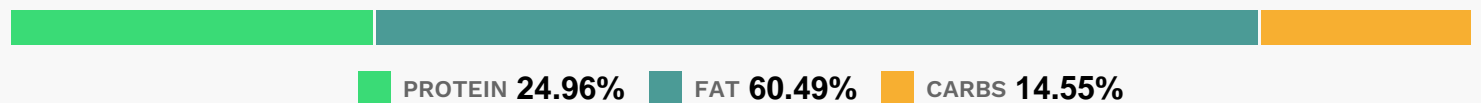
Garnish with basil sprigs and lime wedges.

\* Available in the Asian foods section of many supermarkets and at Asian markets.

One serving contains the following: Calories (kcal) 302.02; % Calories from Fat 37.4; Fat (g) 12.60; Saturated Fat (g) 4.51; Cholesterol (mg) 93.50; Carbohydrates (g) 11.35; Dietary Fiber (g) 0.96; Total Sugars (g) 2.07; Net Carbs (g) 10.39; Protein (g) 36.72

Bon Appétit

## Nutrition Facts



## Properties

Glycemic Index:33, Glycemic Load:2.34, Inflammation Score:-9, Nutrition Score:25.673478240552%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 435.93kcal (21.8%), Fat: 30.29g (46.61%), Saturated Fat: 22.2g (138.74%), Carbohydrates: 16.4g (5.47%), Net Carbohydrates: 11.8g (4.29%), Sugar: 8.92g (9.91%), Cholesterol: 72.57mg (24.19%), Sodium: 389.14mg (16.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.12g (56.25%), Vitamin C: 62.89mg (76.23%), Vitamin B3: 13.17mg (65.83%), Selenium: 43.3µg (61.85%), Vitamin B6: 1.17mg (58.58%), Manganese: 1.13mg (56.35%), Phosphorus: 376.74mg (37.67%), Vitamin A: 1747.27IU (34.95%), Potassium: 937.04mg (26.77%), Magnesium: 87.24mg (21.81%), Vitamin B5: 2.07mg (20.72%), Fiber: 4.6g (18.39%), Copper: 0.35mg (17.49%), Iron: 2.89mg (16.06%), Vitamin K: 15.21µg (14.49%), Folate: 57.65µg (14.41%), Zinc: 1.63mg (10.84%), Vitamin B1: 0.15mg (9.99%), Vitamin B2: 0.16mg (9.48%), Vitamin E: 1.34mg (8.91%), Calcium: 48.89mg (4.89%), Vitamin B12: 0.24µg (4.02%)