



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 plus sprigs fresh chopped for garnish
- ☐ 2 teaspoons fish sauce (such as nam pla or nuoc nam)
- ☐ 2 tablespoons lime juice plus wedges 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 thai curry paste green
- ☐ 14 ounce coconut milk unsweetened canned

☐ 1 tablespoon vegetable oil

Equipment

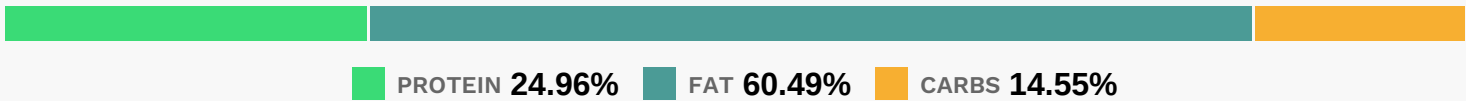
☐ bowl

☐ 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, 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%)