



Thai Green Chile Stir Fry on Bed of Shredded Lettuce

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1.5 pounds meat from a rotisserie chicken thinly sliced
- ☐ 1 cup chicken stock see
- ☐ 1 fresno chile chopped
- ☐ 2 jalapeño chilies seeded coarsely chopped
- ☐ 1 handful cilantro leaves fresh
- ☐ 2 tablespoons high-temperature cooking oil

- ☐ 1 tablespoon brown sugar dark
- ☐ 4 cloves garlic peeled
- ☐ 1 inch ginger minced grated
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1 large head iceberg lettuce shredded chilled cored quartered well
- ☐ 2 juice of lime juiced
- ☐ 4 servings kosher salt if not using fish sauce
- ☐ 1 stalk lemongrass
- ☐ 1 handful mint leaves fresh
- ☐ 1 bell pepper sweet red thinly sliced
- ☐ 1 large shallots chopped
- ☐ 2 tablespoons tamari sauce
- ☐ 1 onion sweet yellow thinly sliced

Equipment

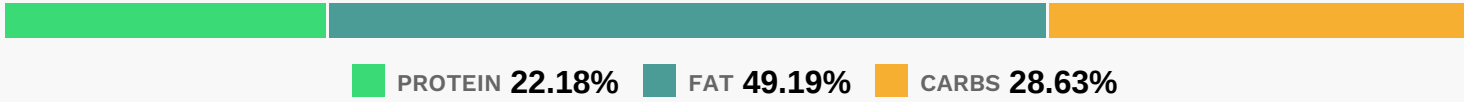
- ☐ food processor
- ☐ frying pan
- ☐ pot
- ☐ wok

Directions

- ☐ Peel the tough outer layers of the lemongrass to expose the inner pale yellow layer. Trim 2-inches from the bottom, cutting away the bulb. Slice until the tops become tough.
- ☐ Add the pieces to a small pot over medium heat and add the stock and 1/2 cup water. Bring to a simmer and allow to reduce by half. Strain, reserving liquid.
- ☐ Into a food processor add the cooked lemongrass, chilies, shallot, garlic, ginger, sugar, cilantro, mint, cumin, coriander, tamari, pepper, lime juice, and salt (if not using the fish sauce). Process into a paste.
- ☐ Heat the oil in a wok or large saute pan over high heat; add the chicken and brown.

- ☐ Remove to a plate.
- ☐ Add a drizzle more oil and stir-fry the bell peppers and onions for 2 minutes. Stir in the paste for 1 minute, and then add the reserved liquid and stir. Return the chicken to the pan.
- ☐ Serve stir-fry on a bed of shredded lettuce.

Nutrition Facts



Properties

Glycemic Index:74.5, Glycemic Load:3.15, Inflammation Score:-10, Nutrition Score:25.809999896132%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg Quercetin: 15.42mg, Quercetin: 15.42mg, Quercetin: 15.42mg, Quercetin: 15.42mg

Nutrients (% of daily need)

Calories: 370.09kcal (18.5%), Fat: 20.87g (32.1%), Saturated Fat: 4.32g (27.01%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 22.43g (8.16%), Sugar: 15.92g (17.69%), Cholesterol: 63.03mg (21.01%), Sodium: 1077.62mg (46.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.17g (42.35%), Vitamin C: 104.16mg (126.25%), Vitamin K: 61.74µg (58.8%), Vitamin A: 2443.41IU (48.87%), Vitamin B6: 0.88mg (43.95%), Vitamin B3: 7.94mg (39.69%), Manganese: 0.76mg (38.01%), Folate: 116.28µg (29.07%), Potassium: 895.65mg (25.59%), Phosphorus: 240.04mg (24%), Selenium: 15.46µg (22.08%), Fiber: 4.89g (19.58%), Magnesium: 77.72mg (19.43%), Iron: 3.37mg (18.7%), Vitamin E: 2.63mg (17.55%), Vitamin B2: 0.29mg (17.19%), Vitamin B1: 0.25mg (16.34%), Copper: 0.27mg (13.42%), Zinc: 1.95mg (13.01%), Vitamin B5: 1.24mg (12.43%), Calcium: 98.9mg (9.89%), Vitamin B12: 0.3µg (4.94%), Vitamin D: 0.16µg (1.09%)