



Thai Green Curry

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

READY IN



60 min.

SERVINGS



8

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon asian fish sauce (also available at most supermarkets)
- 10 oz carrots
- 2 tablespoons brown sugar dark (preferably)
- 8 ounces green beans trimmed
- 3 tablespoons curry paste green (available in the Asian aisle at most supermarkets)
- 27 oz coconut milk light canned
- 0.8 cup chicken broth low-sodium
- 2 pounds chicken breasts boneless skinless organic firm cut into 1/4-inch-thick slices (or tofu, cut into 1-inch cubes)

- 1 lb sweet potatoes and into cut into 1-inch pieces
- 1 medium zucchini halved lengthwise cut into 1/2-inch-thick slices

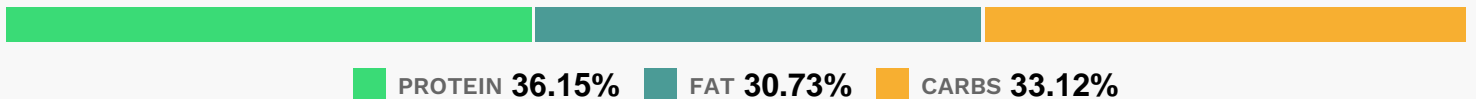
Equipment

- sauce pan
- whisk
- pot

Directions

- Bring a medium saucepan of water with 1/2 tsp salt to a boil. Blanch green beans and carrots for 2 minutes; drain. Set aside.
- In a 4- to 5-quart heavy pot, cook curry paste over medium heat, stirring constantly for 1 minute.
- Whisk in coconut milk, chicken broth, fish sauce, and sugar, and simmer briskly until liquid is reduced by about one-third (10-15 minutes).
- Add sweet potato to pot and simmer until it begins to soften (5 minutes).
- Add chicken, if using, bring to a simmer, and cook until no longer pink (5 minutes).
- Add zucchini, blanched vegetables, and tofu (if using). Continue to cook, covered, until zucchini is just tender (3-5 minutes more).
- Serve.
- *To make this dish vegetarian, substitute vegetable broth and soy sauce for the chicken broth and fish sauce.

Nutrition Facts



Properties

Glycemic Index:20.73, Glycemic Load:7.39, Inflammation Score:-10, Nutrition Score:22.127825954686%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 307.44kcal (15.37%), Fat: 10.11g (15.55%), Saturated Fat: 7.29g (45.53%), Carbohydrates: 24.52g (8.17%), Net Carbohydrates: 20.61g (7.49%), Sugar: 9.01g (10.01%), Cholesterol: 72.57mg (24.19%), Sodium: 454.77mg (19.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.75g (53.51%), Vitamin A: 15128.82IU (302.58%), Vitamin B3: 13.17mg (65.84%), Vitamin B6: 1.11mg (55.45%), Selenium: 37.12µg (53.03%), Phosphorus: 304.19mg (30.42%), Potassium: 877.31mg (25.07%), Vitamin B5: 2.29mg (22.87%), Vitamin K: 19.17µg (18.26%), Manganese: 0.33mg (16.29%), Magnesium: 63.84mg (15.96%), Vitamin C: 13.14mg (15.93%), Fiber: 3.91g (15.65%), Vitamin B2: 0.23mg (13.47%), Vitamin B1: 0.17mg (11.65%), Copper: 0.18mg (8.93%), Folate: 33.92µg (8.48%), Iron: 1.49mg (8.25%), Zinc: 1.09mg (7.25%), Calcium: 61mg (6.1%), Vitamin E: 0.74mg (4.95%), Vitamin B12: 0.26µg (4.33%)