



Thai Green Curry Chicken



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



169 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup fat-skimmed beef broth fat-free
- ☐ 3 tablespoons cilantro leaves fresh
- ☐ 2 teaspoons curry paste green
- ☐ 0.7 cup lite coconut milk light
- ☐ 1 medium onion halved vertically sliced
- ☐ 1 small bell pepper red cut into thin strips
- ☐ 2 cups chicken breast strips/pre-cooked/chopped thinly sliced
- ☐ 1 small zucchini halved lengthwise sliced

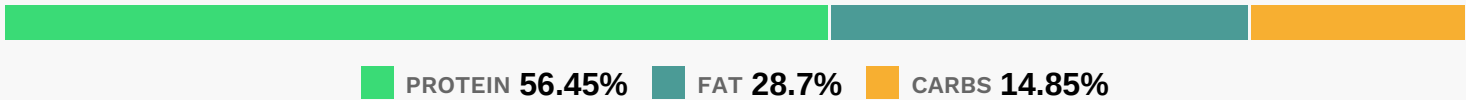
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion, and saut 5 minutes.
- ☐ Add zucchini and bell pepper, and saut 3 minutes; stir in curry paste.
- ☐ Add chicken, broth, and coconut milk to pan; bring to a boil. Reduce heat, and simmer 3 minutes. Spoon evenly into 4 bowls; sprinkle evenly with cilantro.
- ☐ Serve with lime wedges, and garnish with cilantro sprigs, if desired.
- ☐ Serve with: Cucumber, Pineapple, and Mint Salad

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.89, Inflammation Score:-7, Nutrition Score:12.095652102128%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 169.32kcal (8.47%), Fat: 5.18g (7.96%), Saturated Fat: 3.05g (19.07%), Carbohydrates: 6.02g (2.01%), Net Carbohydrates: 4.77g (1.74%), Sugar: 2.95g (3.27%), Cholesterol: 59.5mg (19.83%), Sodium: 316.07mg (13.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.91g (45.81%), Vitamin B3: 10.26mg (51.32%), Vitamin C: 31.29mg (37.92%), Selenium: 20.79µg (29.69%), Vitamin B6: 0.56mg (28.17%), Vitamin A: 1067.48IU (21.35%), Phosphorus: 189.98mg (19%), Potassium: 353.97mg (10.11%), Vitamin B5: 0.9mg (8.98%), Vitamin B2: 0.14mg (8.42%), Magnesium: 31.23mg (7.81%), Manganese: 0.13mg (6.39%), Iron: 1.12mg (6.24%), Folate: 24.37µg (6.09%), Zinc: 0.9mg (6%), Vitamin B1: 0.09mg (5.94%), Vitamin B12: 0.35µg (5.86%), Fiber: 1.25g (5.01%), Copper: 0.08mg

(3.76%), Vitamin E: 0.53mg (3.53%), Vitamin K: 3.42µg (3.26%), Calcium: 28.81mg (2.88%)