



Thai Green Curry Chicken

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cilantro leaves for garnish
- ☐ 2 cups coconut milk
- ☐ 2 tablespoons cooking oil
- ☐ 1 tablespoon fish sauce
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 teaspoon ginger fresh peeled finely chopped
- ☐ 3 cloves garlic peeled chopped
- ☐ 2 tablespoons curry paste green

- ☐ 2 green onions with tops, chopped
- ☐ 1 pound chicken breast halves boneless skinless cut into 1 inch cubes
- ☐ 1 tablespoon soya sauce dark
- ☐ 2 tablespoons sugar white

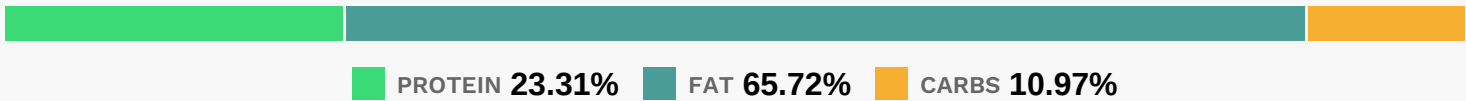
Equipment

- ☐ frying pan

Directions

- ☐ Toss chicken first in 1 tablespoon dark soy sauce, then in the flour, coating pieces evenly.
- ☐ Heat the oil in a large skillet over medium high heat.
- ☐ Place chicken in the skillet, cook and stir chicken until browned, about 5 minutes.
- ☐ Remove chicken.
- ☐ Reduce heat to medium and stir in curry paste. Cook for 1 minute until fragrant, then stir in green onions, garlic, and ginger; cook an additional 2 minutes. Return chicken to the skillet, stirring to coat with the curry mixture. Stir the coconut milk, fish sauce, 1 tablespoon soy sauce, and sugar into the chicken–curry mixture. Allow to simmer over medium heat for 20 minutes until the chicken is tender.
- ☐ Serve garnished with cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:91.52, Glycemic Load:8.65, Inflammation Score:-8, Nutrition Score:20.473478172136%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 462.72kcal (23.14%), Fat: 34.67g (53.33%), Saturated Fat: 22.77g (142.33%), Carbohydrates: 13.01g (4.34%), Net Carbohydrates: 12.38g (4.5%), Sugar: 6.95g (7.73%), Cholesterol: 72.57mg (24.19%), Sodium: 753.41mg (32.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.67g (55.34%), Vitamin B3: 13.01mg (65.06%), Selenium: 37.78µg (53.97%), Manganese: 0.99mg (49.39%), Vitamin B6: 0.94mg (47.2%), Phosphorus: 361.6mg (36.16%), Vitamin A: 1410.79IU (28.22%), Iron: 4.74mg (26.34%), Magnesium: 94.05mg (23.51%), Vitamin K: 23.88µg (22.74%), Potassium: 730.88mg (20.88%), Vitamin B5: 1.85mg (18.5%), Copper: 0.31mg (15.57%), Vitamin E: 1.53mg (10.18%), Zinc: 1.39mg (9.29%), Vitamin B2: 0.14mg (8.46%), Vitamin B1: 0.12mg (8.31%), Folate: 32.09µg (8.02%), Vitamin C: 5.54mg (6.71%), Calcium: 49.5mg (4.95%), Vitamin B12: 0.25µg (4.14%), Fiber: 0.63g (2.53%)