



Thai Ground Chicken Basil

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons fish sauce
- ☐ 1 cup basil leaves fresh
- ☐ 0.3 cup garlic minced
- ☐ 1 pound ground chicken breast
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 2 teaspoons soya sauce black
- ☐ 12 thai chiles sliced into thin rings

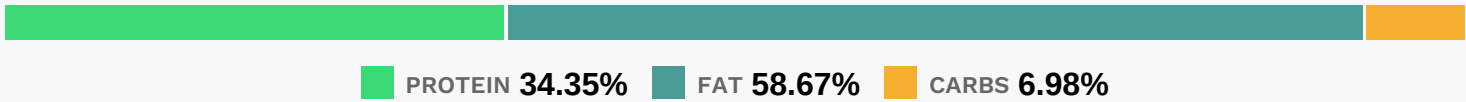
Equipment

☐ wok

Directions

- ☐ Heat a wok over high heat until smoking.
- ☐ Pour in peanut oil, then immediately add garlic. Stir-fry garlic until it begins to turn golden brown, about 20 seconds.
- ☐ Mix in the ground chicken and continue cooking and stirring until the meat is crumbly and no longer pink, about 2 minutes.
- ☐ Stir in the sliced chilies, soy sauce, and fish sauce. Cook for about 15 seconds to soften the chilies, then add the basil, and continue cooking until the basil has wilted.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:0.86, Inflammation Score:-5, Nutrition Score:14.207391396813%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 246.63kcal (12.33%), Fat: 16.29g (25.06%), Saturated Fat: 3.8g (23.78%), Carbohydrates: 4.36g (1.45%), Net Carbohydrates: 3.93g (1.43%), Sugar: 0.94g (1.05%), Cholesterol: 97.52mg (32.51%), Sodium: 944.43mg (41.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.46g (42.91%), Vitamin B6: 0.76mg (38.1%), Vitamin B3: 6.85mg (34.24%), Vitamin C: 25.6mg (31.03%), Vitamin K: 27.29µg (25.99%), Phosphorus: 226.88mg (22.69%), Potassium: 706.6mg (20.19%), Selenium: 13.68µg (19.54%), Vitamin B2: 0.31mg (17.94%), Manganese: 0.29mg (14.32%), Vitamin B5: 1.33mg (13.29%), Zinc: 1.87mg (12.49%), Magnesium: 48.98mg (12.24%), Vitamin B12: 0.68µg (11.3%), Vitamin B1: 0.15mg (10.24%), Vitamin E: 1.52mg (10.15%), Vitamin A: 424.45IU (8.49%), Iron: 1.52mg (8.42%), Copper: 0.15mg (7.32%), Calcium: 38.9mg (3.89%), Folate: 12.67µg (3.17%), Fiber: 0.43g (1.73%)