



WHATSheATE



Thai-Style Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 pound chicken breast
- ☐ 1.5 teaspoons fish sauce
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 0.8 cup lite coconut milk light
- ☐ 1 medium onion cut into 1/4-inch wedges
- ☐ 0.5 teaspoon curry paste red
- ☐ 7 ounce roasted peppers red drained coarsely chopped

- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons vegetable oil

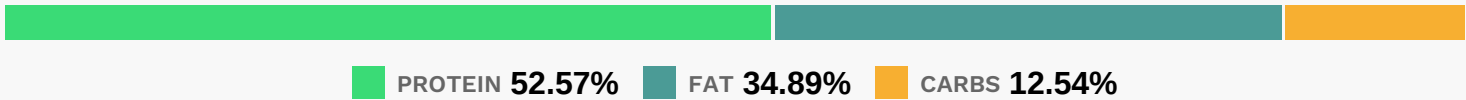
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, and cook 4 minutes or until onion is golden, stirring frequently. Stir in coconut milk, curry paste, and black pepper.
- ☐ Add the chicken; bring to a simmer. Cook 8 minutes or until chicken is done, stirring frequently. Stir in cilantro and remaining ingredients, and cook 1 minute.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.58, Inflammation Score:-6, Nutrition Score:14.488695466%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Nutrients (% of daily need)

Calories: 197.1kcal (9.86%), Fat: 7.35g (11.3%), Saturated Fat: 3.45g (21.58%), Carbohydrates: 5.94g (1.98%), Net Carbohydrates: 4.83g (1.76%), Sugar: 1.3g (1.44%), Cholesterol: 72.57mg (24.19%), Sodium: 1165.2mg (50.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.91g (49.82%), Vitamin B3: 12.19mg (60.94%), Selenium: 36.78µg (52.55%), Vitamin B6: 0.98mg (49.01%), Vitamin C: 26.61mg (32.25%), Phosphorus: 256.43mg (25.64%), Vitamin B5: 1.67mg (16.74%), Potassium: 541.06mg (15.46%), Magnesium: 41.82mg (10.45%), Vitamin A: 411.84IU (8.24%), Vitamin B2: 0.14mg (8.09%), Manganese: 0.15mg (7.34%), Vitamin B1: 0.1mg (6.54%), Copper: 0.11mg (5.43%), Zinc: 0.8mg (5.34%), Iron: 0.92mg (5.12%), Folate: 19.04µg (4.76%), Fiber: 1.11g (4.44%), Vitamin K: 4.47µg (4.26%), Vitamin B12: 0.24µg (3.96%), Calcium: 34.75mg (3.47%), Vitamin E: 0.37mg (2.45%)