



Thai-Style Coconut Chicken



Gluten Free



Dairy Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 lb chicken breast boneless skinless cut into bite-size pieces
- ☐ 1 teaspoon lime zest grated
- ☐ 1 teaspoon ginger grated
- ☐ 1 clove garlic finely chopped
- ☐ 2 serrano chiles fresh seeded finely chopped
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 14 oz coconut milk canned (not cream of coconut)

- ☐ 1 teaspoon brown sugar packed
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon soya sauce
- ☐ 1 cup snow peas
- ☐ 1 medium bell pepper green cut into 1-inch cubes
- ☐ 0.8 cup tomatoes chopped
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 serving rice white hot cooked

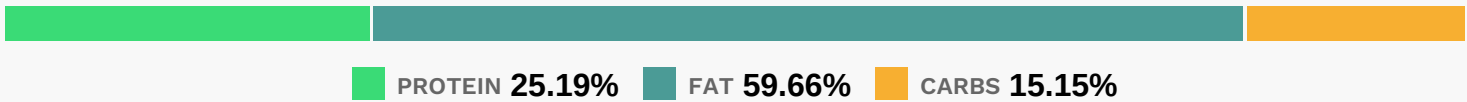
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ In nonstick wok or 12-inch nonstick skillet, heat oil over high heat.
- ☐ Add chicken; stir-fry 2 to 3 minutes or until chicken is no longer pink in center.
- ☐ Add lime peel, gingerroot, garlic, chilies and cilantro; stir-fry 1 minute.
- ☐ Pour coconut milk over chicken. Stir in brown sugar, salt, soy sauce, pea pods and bell pepper. Reduce heat to medium. Simmer uncovered 3 to 5 minutes, stirring occasionally, until vegetables are crisp-tender. Stir into tomato.
- ☐ Spoon into shallow serving bowls; top with basil.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:87.75, Glycemic Load:6.48, Inflammation Score:-7, Nutrition Score:24.126521815424%

Flavonoids

Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 443.96kcal (22.2%), Fat: 30.2g (46.46%), Saturated Fat: 22.15g (138.45%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 13.29g (4.83%), Sugar: 6.95g (7.72%), Cholesterol: 72.57mg (24.19%), Sodium: 693.21mg (30.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.69g (57.38%), Vitamin B3: 13.37mg (66.83%), Selenium: 44.28µg (63.25%), Manganese: 1.2mg (60.01%), Vitamin C: 48.7mg (59.03%), Vitamin B6: 1.07mg (53.29%), Phosphorus: 380.75mg (38.07%), Potassium: 887.07mg (25.34%), Vitamin K: 22.66µg (21.58%), Vitamin B5: 2.15mg (21.5%), Magnesium: 84.06mg (21.02%), Copper: 0.38mg (19.11%), Iron: 2.97mg (16.49%), Fiber: 3.96g (15.85%), Vitamin A: 765.41IU (15.31%), Vitamin B1: 0.17mg (11.55%), Zinc: 1.62mg (10.8%), Folate: 41.05µg (10.26%), Vitamin B2: 0.16mg (9.5%), Vitamin E: 1.06mg (7.06%), Calcium: 45.22mg (4.52%), Vitamin B12: 0.23µg (3.78%)