



Thai-Style Stir-Fried Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 cup carrots chopped
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 tablespoon fish sauce
- ☐ 1 cup bean sprouts fresh
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 cup lite coconut milk light
- ☐ 2 tablespoons juice of lime fresh

- ☐ 8 ounce mushrooms
- ☐ 1 cup onion chopped
- ☐ 2 teaspoons curry paste red
- ☐ 0.3 cup rice vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 pound chicken breast boneless skinless cut into bite-sized pieces
- ☐ 1.5 tablespoons vegetable oil divided

Equipment

- ☐ frying pan
- ☐ ziploc bags
- ☐ wok

Directions

- ☐ Combine rice vinegar, brown sugar, lime juice, red curry paste, and crushed red pepper in a large zip-top plastic bag.
- ☐ Add chicken; seal and marinate in refrigerator 15 minutes, turning once.
- ☐ Remove chicken from the bag, reserving marinade.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet or wok over medium-high heat.
- ☐ Add chicken; stir-fry 4 minutes.
- ☐ Remove chicken from pan; keep warm.
- ☐ Add remaining 1 1/2 teaspoons oil to pan.
- ☐ Add onion and carrot; stir-fry 2 minutes.
- ☐ Add mushrooms; stir-fry 3 minutes.
- ☐ Add reserved marinade, scraping pan to loosen browned bits.
- ☐ Add coconut milk and fish sauce; bring to a boil. Reduce heat, and simmer 1 minute. Stir in chicken and salt; cook 1 minute. Top with sprouts and cilantro.

Nutrition Facts



Properties

Glycemic Index:46.96, Glycemic Load:2.26, Inflammation Score:-10, Nutrition Score:23.587825889173%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.79mg, Quercetin: 8.79mg, Quercetin: 8.79mg, Quercetin: 8.79mg

Nutrients (% of daily need)

Calories: 276.98kcal (13.85%), Fat: 10.26g (15.79%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 18g (6%), Net Carbohydrates: 15.22g (5.54%), Sugar: 11.72g (13.02%), Cholesterol: 72.57mg (24.19%), Sodium: 828.06mg (36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.69g (55.38%), Vitamin A: 5870.25IU (117.41%), Vitamin B3: 14.57mg (72.85%), Selenium: 42.54µg (60.77%), Vitamin B6: 1.05mg (52.46%), Phosphorus: 326.65mg (32.66%), Vitamin B5: 2.73mg (27.29%), Vitamin K: 25.78µg (24.55%), Vitamin B2: 0.41mg (24.05%), Potassium: 835.94mg (23.88%), Vitamin C: 13.58mg (16.47%), Copper: 0.29mg (14.74%), Magnesium: 57.42mg (14.36%), Vitamin B1: 0.18mg (12.21%), Folate: 47.46µg (11.86%), Fiber: 2.78g (11.13%), Manganese: 0.22mg (11.02%), Zinc: 1.23mg (8.21%), Iron: 1.31mg (7.25%), Vitamin E: 0.95mg (6.33%), Vitamin B12: 0.27µg (4.52%), Calcium: 43.99mg (4.4%), Vitamin D: 0.23µg (1.51%)