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Low Carb Thai Chicken Olga

A delicious low carb Thai chicken dish with a blend of flavors and spices. Perfect for those looking for a healthy and flavorful meal option.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

500 g	chicken breast
400 ml	coconut milk
2 tbsp	red curry paste
2 tbsp	fish sauce
2 tbsp	lime juice
1 tsp	stevia

200 g	Green beans
150 g	bell pepper
100 g	onion
2 cloves	garlic
1 tsp	Ginger
10 g	Cilantro

Directions

Step 1

Cut

Cut the chicken breast into bite-sized pieces.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Sautéing

In a large pan, heat some oil and sauté the garlic and ginger until fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Frying

Add the chicken pieces to the pan and cook until browned.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Mixing

In a separate bowl, mix the coconut milk, red curry paste, fish sauce, lime juice, and stevia.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Simmering

Add the coconut milk mixture to the pan with the chicken and simmer for 10 minutes.

Prep Time: 5 mins

Cook Time: 10 mins

Step 6

Cooking

Add the green beans, bell pepper, and onion to the pan and cook for an additional 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 7

Serving

Garnish with fresh cilantro and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Nutritional Content

Low Carb

Low Calorie

Kitchen Tools

Slow Cooker

Blender

Cuisines

Thai

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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