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Thai Basil Chicken ♦♦

Thai Basil Chicken is a popular Thai dish made with chicken, basil leaves, and a flavorful sauce. It is often served with steamed rice and is known for its spicy and aromatic flavors. This dish is commonly consumed for lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	chicken breast
50 g	thai basil leaves
4 cloves	garlic
3 pieces	bird's eye chili
2 tbsp	oyster sauce

1 tbsp soy sauce

1
tablespoon fish sauce

1 teaspoon sugar

2
tablespoon vegetable oil

Directions

Step 1

Cutting

Slice the chicken breast into thin strips.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Cutting

Mince the garlic and finely chop the bird's eye chili.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Heating

Heat vegetable oil in a wok or skillet over medium-high heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Stir-frying

Add the minced garlic and chopped chili to the wok and stir-fry for 1 minute.

Prep Time: 1 mins

Cook Time: 1 mins

Step 5

Stir-frying

Add the sliced chicken to the wok and stir-fry until cooked through, about 4-5 minutes.

Prep Time: 2 mins

Cook Time: 4 mins

Step 6

Mixing

In a small bowl, mix together oyster sauce, soy sauce, fish sauce, and sugar.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Stir-frying

Pour the sauce mixture into the wok and stir-fry for an additional 1-2 minutes.

Prep Time: 1 mins

Cook Time: 1 mins

Step 8

Stir-frying

Add the Thai basil leaves to the wok and stir-fry until wilted, about 1 minute.

Prep Time: 1 mins

Cook Time: 1 mins

Step 9

Serving

Remove from heat and serve the Thai Basil Chicken with steamed rice.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 5 g

Protein: 25 g

Carbohydrates: 8 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	1 g	2.63%	4%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Cuisines

Thai

Course

Main Dishes

Salads

Snacks

Cultural

Chinese New Year

Demographics

Diabetic Friendly

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

The Whole30 Diet

Vegetarian Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Gluten-Free Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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