



Adriel's Chinese Curry Chicken



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5.6 ounce coconut milk canned
- ☐ 1 tablespoon canola oil
- ☐ 0.5 cup chicken broth divided
- ☐ 1.5 teaspoons curry powder
- ☐ 1 teaspoon ginger fresh minced
- ☐ 2 teaspoons garlic minced
- ☐ 4.5 teaspoons soya sauce light
- ☐ 1 onion sliced

- ☐ 2 potatoes peeled halved sliced
- ☐ 0.5 teaspoon salt
- ☐ 3 chicken breast halves boneless skinless sliced
- ☐ 1 teaspoon sugar white
- ☐ 1 tablespoon curry paste yellow

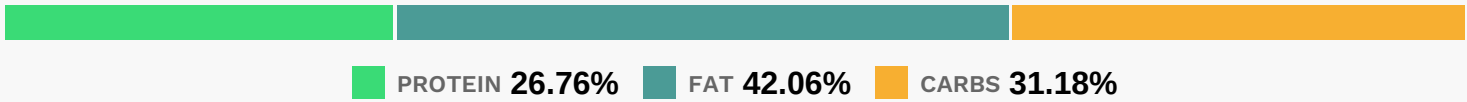
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ In a bowl, mash the yellow curry paste with about 2 tablespoons of chicken broth to help dissolve the paste; whisk in remaining chicken broth, sugar, curry powder, salt, light soy sauce, and coconut milk. Set aside.
- ☐ Heat a wok or large skillet over high heat for about 30 seconds; pour in the oil.
- ☐ Let the oil heat until shimmering, about 30 more seconds. Stir the chicken, garlic, and ginger into the hot oil; cook and stir until the chicken has begun to brown and the garlic and ginger are fragrant, about 2 minutes. Stir in the onion and potatoes, toss all ingredients in the hot oil, and pour in the sauce mixture. Bring the sauce to a boil, reduce heat, and cover the wok. Simmer until the chicken is cooked through and the potatoes are tender, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:61.46, Glycemic Load:15.09, Inflammation Score:-7, Nutrition Score:18.261304484761%

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: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg,

Kaempferol: 1.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg

Nutrients (% of daily need)

Calories: 330.89kcal (16.54%), Fat: 15.72g (24.19%), Saturated Fat: 9.29g (58.07%), Carbohydrates: 26.23g (8.74%), Net Carbohydrates: 22.06g (8.02%), Sugar: 4.87g (5.41%), Cholesterol: 54.83mg (18.28%), Sodium: 889.26mg (38.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.51g (45.02%), Vitamin B3: 10.67mg (53.33%), Vitamin B6: 1.04mg (51.83%), Selenium: 30.56µg (43.66%), Manganese: 0.68mg (34.05%), Vitamin C: 26.04mg (31.56%), Phosphorus: 301.38mg (30.14%), Potassium: 945.81mg (27.02%), Magnesium: 69.46mg (17.37%), Fiber: 4.17g (16.67%), Vitamin B5: 1.67mg (16.67%), Copper: 0.28mg (13.99%), Iron: 2.38mg (13.25%), Vitamin A: 626.85IU (12.54%), Vitamin B1: 0.18mg (11.84%), Vitamin B2: 0.16mg (9.29%), Folate: 34.48µg (8.62%), Zinc: 1.21mg (8.09%), Vitamin E: 1.03mg (6.86%), Vitamin K: 5.61µg (5.35%), Calcium: 44.04mg (4.4%), Vitamin B12: 0.18µg (2.92%)