



## Basil Chicken Coconut Curry

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon salt
- 0.5 teaspoon ground coriander
- 0.5 teaspoon cumin
- 1 small pinch ground cloves
- 0.3 teaspoon cinnamon
- 0.3 teaspoon ground cardamom
- 0.5 teaspoon pepper black freshly ground
- 0.3 teaspoon ground pepper to taste

- 0.5 teaspoon turmeric
- 1 lb chicken thighs boneless skinless cut into 1 1/2-inch chunks
- 1 large onion sliced
- 5 cloves garlic minced
- 1 Tbsp ginger fresh finely chopped
- 1 jalapeno minced seeded
- 2 Tbsp rice bran oil
- 14 oz coconut milk canned
- 1 Tbsp juice of lime to taste
- 12 basil fresh
- 4 servings rice hot cooked for serving

## Equipment

- bowl
- frying pan
- wok

## Directions

- Mix the spices: In a small bowl, mix together the salt, ground coriander, cumin, ground cloves, cinnamon, ground cardamom, black pepper, cayenne and turmeric. Set aside.
- Sauté onions, jalapeños, ginger, garlic, spices: In a wok or deep sauté pan, heat the oil over high heat. The moment the oil begins to smoke, add the onions and jalapeños and toss to coat in oil. Sear the vegetables for 3 minutes, stirring only enough to keep them from burning, but still allowing the onions to sear.
- Add the ginger, garlic and spice mixture and toss to combine, cook for 1 minute.
- Add coconut milk, chicken, simmer:
- Add the coconut milk and chicken. Stir the mixture so that the chicken pieces are coated in the coconut milk. Bring to a simmer, reduce the heat, cover and cook for 20 minutes.
- Add basil, lime juice: When the chicken is tender, turn off the heat and add the basil and lime juice.

Add more lime juice and salt to taste and serve over rice.

## Nutrition Facts

**PROTEIN 19.15%** **FAT 56.72%** **CARBS 24.13%**

### Properties

Glycemic Index:91.75, Glycemic Load:25.18, Inflammation Score:-9, Nutrition Score:20.884348195532%

### Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.87mg, Quercetin: 7.87mg, Quercetin: 7.87mg, Quercetin: 7.87mg

### Nutrients (% of daily need)

Calories: 556.31kcal (27.82%), Fat: 35.76g (55.01%), Saturated Fat: 23.59g (147.47%), Carbohydrates: 34.22g (11.41%), Net Carbohydrates: 30.45g (11.07%), Sugar: 5.25g (5.84%), Cholesterol: 107.73mg (35.91%), Sodium: 701.35mg (30.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.16g (54.32%), Manganese: 1.57mg (78.66%), Selenium: 38.58µg (55.11%), Vitamin B3: 7.59mg (37.97%), Phosphorus: 368.59mg (36.86%), Vitamin B6: 0.73mg (36.65%), Copper: 0.43mg (21.52%), Magnesium: 82.59mg (20.65%), Zinc: 2.96mg (19.74%), Potassium: 682.19mg (19.49%), Vitamin B5: 1.94mg (19.45%), Vitamin E: 2.86mg (19.1%), Iron: 3.28mg (18.23%), Vitamin C: 12.57mg (15.23%), Fiber: 3.77g (15.09%), Vitamin B2: 0.23mg (13.75%), Vitamin B12: 0.73µg (12.1%), Vitamin B1: 0.18mg (11.68%), Vitamin K: 11.61µg (11.06%), Folate: 32.66µg (8.16%), Calcium: 60.84mg (6.08%), Vitamin A: 188.17IU (3.76%)