



Braised Chicken in Coconut Milk



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz coconut milk reduced-fat canned
- ☐ 0.5 teaspoon cayenne
- ☐ 1 tablespoon ginger fresh minced
- ☐ 2 tablespoons garlic minced
- ☐ 2 teaspoons ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground turmeric dried
- ☐ 1 cup onion thinly sliced

- ☐ 1 teaspoon salad oil
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 20 oz boned

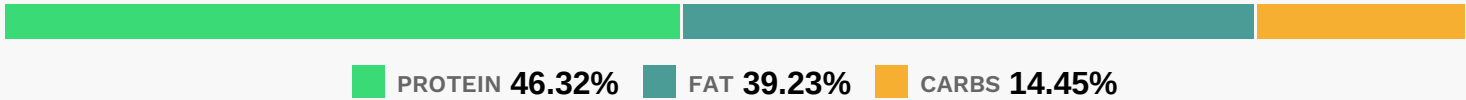
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a small bowl, mix coriander, cumin, cayenne, turmeric, and vinegar until smooth.
- ☐ Rinse chicken and pat dry. Rub spice mixture all over breast halves.
- ☐ Pour oil into a 10- to 12-inch nonstick frying pan over high heat, swirling to coat bottom. When oil is hot, add chicken and turn as needed to brown on both sides, 4 to 5 minutes total.
- ☐ Transfer to a rimmed plate.
- ☐ Add onion, garlic, and ginger to pan; stir often until onion is lightly browned, 2 to 3 minutes.
- ☐ Add coconut milk and 1/2 teaspoon salt; stir often until mixture boils.
- ☐ Add chicken and any accumulated juices, reduce heat, and simmer uncovered, turning pieces once, until no longer pink in center of thickest part (cut to test), 10 to 12 minutes total.
- ☐ Transfer chicken to a rimmed platter.
- ☐ Turn heat to high and boil sauce until reduced to 1 1/2 cups, about 4 minutes. Spoon evenly over chicken.
- ☐ Add more salt to taste, and garnish with pepper rings if desired.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.27, Inflammation Score:-8, Nutrition Score:15.830869656542%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 283.99kcal (14.2%), Fat: 11.7g (18%), Saturated Fat: 7.54g (47.12%), Carbohydrates: 9.69g (3.23%), Net Carbohydrates: 8.32g (3.03%), Sugar: 1.81g (2.01%), Cholesterol: 90.72mg (30.24%), Sodium: 542.22mg (23.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.07g (62.15%), Vitamin B3: 14.94mg (74.72%), Selenium: 46.46µg (66.37%), Vitamin B6: 1.17mg (58.63%), Phosphorus: 324.24mg (32.42%), Vitamin B5: 2.1mg (20.96%), Potassium: 638.96mg (18.26%), Magnesium: 48.67mg (12.17%), Manganese: 0.2mg (9.92%), Vitamin B2: 0.16mg (9.69%), Vitamin B1: 0.12mg (8.27%), Vitamin C: 6.51mg (7.89%), Iron: 1.29mg (7.16%), Zinc: 1.03mg (6.85%), Fiber: 1.36g (5.46%), Vitamin B12: 0.28µg (4.72%), Copper: 0.09mg (4.33%), Vitamin E: 0.56mg (3.7%), Calcium: 36.78mg (3.68%), Folate: 13.95µg (3.49%), Vitamin A: 154.06IU (3.08%), Vitamin K: 1.47µg (1.4%)