



Chicken Baked in Coconut-Curry Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



289 kcal

SAUCE

Ingredients

- ☐ 1 cup thick bell pepper strips red (1 large)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup coconut milk
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 4 teaspoons cilantro leaves fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 0.5 cup diagonally cut green onions
- ☐ 0.8 teaspoon kosher salt

- ☐ 4 lime wedges
- ☐ 1 teaspoons curry paste red
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 1 cup baby squash yellow thinly sliced (2 small)
- ☐ 2 cups zucchini halved lengthwise thinly sliced

Equipment

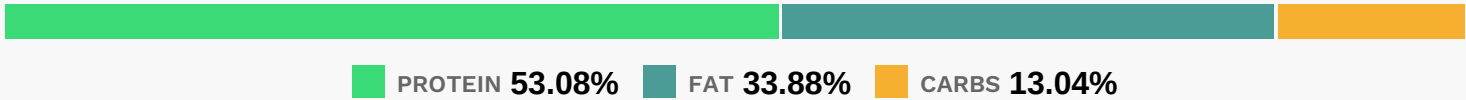
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 425
- ☐ Combine first 4 ingredients in a medium bowl; stir with a whisk.
- ☐ Place chicken breast halves between 2 sheets of heavy-duty plastic wrap; pound each piece to an even thickness using a meat mallet or small heavy skillet.
- ☐ Sprinkle salt and pepper evenly over both sides of chicken.
- ☐ Fold 4 (16 x 12-inch) sheets of heavy-duty aluminum foil in half crosswise. Open foil; layer 1/2 cup zucchini, 1/4 cup squash, 1/4 cup bell pepper, 2 tablespoons green onions, and 1 chicken breast half on half of each foil sheet. Spoon 3 tablespoons of coconut milk mixture over each serving. Fold foil over chicken and vegetables; tightly seal edges.
- ☐ Place packets on a baking sheet.
- ☐ Bake at 425 for 22 minutes.
- ☐ Remove from oven; let stand 5 minutes.
- ☐ Place on plates. Unfold packets carefully, and sprinkle each serving with 1 teaspoon cilantro.

- ☐ Garnish with lime wedges.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:83.5, Glycemic Load:2.44, Inflammation Score:-9, Nutrition Score:29.128695379133%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 288.6kcal (14.43%), Fat: 10.98g (16.9%), Saturated Fat: 6.45g (40.29%), Carbohydrates: 9.51g (3.17%), Net Carbohydrates: 6.83g (2.48%), Sugar: 4.46g (4.95%), Cholesterol: 108.86mg (36.29%), Sodium: 704.79mg (30.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.72g (77.43%), Vitamin B3: 18.9mg (94.49%), Vitamin C: 74.09mg (89.81%), Vitamin B6: 1.59mg (79.49%), Selenium: 55.34µg (79.05%), Phosphorus: 440.47mg (44.05%), Vitamin A: 1736.58IU (34.73%), Vitamin K: 32.41µg (30.86%), Potassium: 1073.01mg (30.66%), Vitamin B5: 2.83mg (28.34%), Manganese: 0.52mg (26.24%), Magnesium: 82.21mg (20.55%), Vitamin B2: 0.32mg (18.76%), Folate: 60.7µg (15.17%), Iron: 2.45mg (13.61%), Vitamin B1: 0.19mg (12.88%), Zinc: 1.61mg (10.74%), Fiber: 2.69g (10.74%), Copper: 0.2mg (9.78%), Vitamin E: 1.13mg (7.56%), Vitamin B12: 0.37µg (6.14%), Calcium: 51.77mg (5.18%), Vitamin D: 0.17µg (1.13%)