



Chicken Curry



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bell pepper strips green (1 large)
- ☐ 1 tablespoon canola oil
- ☐ 3 cups rice long-grain hot cooked
- ☐ 14 ounce coconut milk light canned
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons less-sodium soy sauce
- ☐ 2 tablespoons curry paste red
- ☐ 0.5 teaspoon salt

- ☐ 18 ounce chicken breast halves boneless skinless cut into 1-inch pieces
- ☐ 1 teaspoon sugar

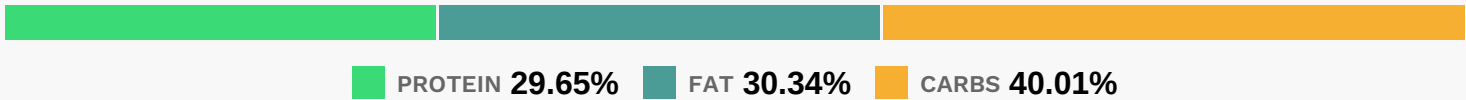
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Sprinkle chicken evenly with salt.
- ☐ Add chicken to pan; cook 6 minutes or until browned, turning once.
- ☐ Add bell pepper to pan; saut 4 minutes, stirring occasionally.
- ☐ Remove chicken mixture from pan.
- ☐ Combine juice, soy sauce, curry paste, and sugar in a small bowl, stirring with a whisk.
- ☐ Add juice mixture and coconut milk to pan; bring to a boil. Cook 12 minutes or until slightly thick. Return chicken mixture to pan; cook 2 minutes or until thoroughly heated.
- ☐ Serve over rice.
- ☐ Garnish with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:47.27, Glycemic Load:36.79, Inflammation Score:-8, Nutrition Score:22.894782237385%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 3.51mg, Luteolin: 3.51mg, Luteolin: 3.51mg, Luteolin: 3.51mg Kaempferol: 0.04mg,

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 446.92kcal (22.35%), Fat: 14.45g (22.23%), Saturated Fat: 7.96g (49.75%), Carbohydrates: 42.88g (14.29%), Net Carbohydrates: 40.78g (14.83%), Sugar: 3.54g (3.94%), Cholesterol: 81.65mg (27.22%), Sodium: 813.07mg (35.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.78g (63.56%), Vitamin C: 64.31mg (77.95%), Vitamin B3: 14.24mg (71.2%), Selenium: 49.77µg (71.09%), Vitamin B6: 1.25mg (62.41%), Manganese: 0.71mg (35.27%), Phosphorus: 348.09mg (34.81%), Vitamin A: 1498.92IU (29.98%), Vitamin B5: 2.39mg (23.89%), Potassium: 680.88mg (19.45%), Magnesium: 60.97mg (15.24%), Vitamin B2: 0.18mg (10.84%), Vitamin B1: 0.15mg (10.19%), Zinc: 1.49mg (9.92%), Copper: 0.17mg (8.58%), Fiber: 2.1g (8.42%), Vitamin E: 1.23mg (8.18%), Vitamin K: 8.31µg (7.91%), Iron: 1.27mg (7.08%), Folate: 20.38µg (5.09%), Vitamin B12: 0.26µg (4.25%), Calcium: 39.82mg (3.98%)