



Chicken In Coconut Sauce

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

READY IN



60 min.

SERVINGS



4

CALORIES



709 kcal

SAUCE

Ingredients

- 1 teaspoon chili powder
- 15 ounce cream of coconut canned
- 3 cloves garlic crushed peeled
- 1 teaspoon ground ginger
- 1 tablespoon juice of lemon
- 2 onions chopped
- 4 servings salt and pepper to taste
- 4 chicken breast halves boneless skinless

3 tablespoons vegetable oil

1 cup water hot

Equipment

frying pan

paper towels

Directions

Mix the cream of coconut with the hot water until smooth and well blended, and set aside.

Heat the oil in a large skillet over medium-high heat, and place the chicken breasts into the hot oil. Pan-fry the chicken breasts until they have begun to brown but are still pink inside, about 5 minutes per side.

Remove the chicken breasts to paper towels, and sprinkle them with lemon juice, ginger, chili powder, salt, and pepper.

Place the onions and garlic into the skillet over medium heat, and cook and stir until they are soft and translucent, about 5 minutes. Return the chicken breasts to the skillet on top of the cooked onions and garlic, and pour the coconut cream mixture over the chicken. Reduce the heat to medium-low, and simmer until the chicken is cooked through and the sauce has thickened, about 35 minutes.

Nutrition Facts



PROTEIN 14.14% **FAT 39.69%** **CARBS 46.17%**

Properties

Glycemic Index:14.25, Glycemic Load:1.34, Inflammation Score:-4, Nutrition Score:14.882173911385%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg

Nutrients (% of daily need)

Calories: 708.58kcal (35.43%), Fat: 31.02g (47.72%), Saturated Fat: 18.19g (113.72%), Carbohydrates: 81.16g (27.05%), Net Carbohydrates: 76.39g (27.78%), Sugar: 73.38g (81.53%), Cholesterol: 72.32mg (24.11%), Sodium: 391.94mg (17.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.86g (49.73%), Vitamin B3: 11.98mg (59.87%), Selenium: 37.14µg (53.06%), Vitamin B6: 0.96mg (47.78%), Phosphorus: 259.33mg (25.93%), Fiber: 4.78g (19.11%), Vitamin K: 19.77µg (18.83%), Vitamin B5: 1.7mg (17.03%), Potassium: 527.67mg (15.08%), Manganese: 0.3mg (15.07%), Magnesium: 38.08mg (9.52%), Vitamin C: 7.59mg (9.2%), Vitamin E: 1.26mg (8.39%), Vitamin B2: 0.14mg (8.03%), Vitamin B1: 0.1mg (6.97%), Zinc: 0.82mg (5.49%), Iron: 0.76mg (4.24%), Folate: 15.99µg (4%), Copper: 0.08mg (3.82%), Vitamin B12: 0.23µg (3.77%), Vitamin A: 183.83IU (3.68%), Calcium: 26.71mg (2.67%)