



 **13%**  
HEALTH SCORE

## Chicken in Spicy Coconut Sauce

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

READY IN



**120 min.**

SERVINGS



**8**

CALORIES



**702 kcal**

SAUCE

### Ingredients

- 2 bay leaves fresh
- 3 pound chicken pieces
- 5.5 inch pepper flakes fresh red sliced (1 cup)
- 6 cups coconut milk unsweetened low-fat canned (48 fl oz; not )
- 2 teaspoons t brown sugar dark packed
- 1 tablespoon ginger fresh peeled chopped
- 1 inch galangal fresh frozen thawed sliced ( or )
- 2 teaspoons ground coriander

- 1 teaspoon ground cumin
- 2 teaspoons salt
- 1 cup shallots chopped (4 large)
- 2 tablespoons tamarind
- 2 teaspoons turmeric fresh frozen thawed peeled chopped ( or )
- 0.5 cup water hot

## Equipment

- food processor
- bowl
- frying pan
- pot
- sieve
- spatula
- tongs

## Directions

- Rub chicken with salt and let stand at room temperature 30 minutes.
- While chicken stands, gently mash tamarind with hot water in a bowl using your fingertips until pulp is softened, then force with a rubber spatula through a medium-mesh sieve into a small bowl, discarding solids. Pulse shallots, chiles, ginger, and turmeric with cumin and coriander in a food processor until finely chopped. Lightly smash lemongrass stalks with bottom of a heavy skillet.
- Stir together coconut milk, tamarind purée, shallot mixture, lemongrass, galangal, and palm sugar in a 6- to 7-quart wide heavy pot.
- Add chicken and bring to a simmer over moderately high heat, stirring frequently, then reduce heat and gently simmer, partially covered, until very tender, 40 to 45 minutes.
- Transfer chicken with tongs to a bowl and simmer sauce, uncovered, stirring frequently, until thickened and reduced to about 4 cups, 20 to 25 minutes.
- Remove from heat and let stand 5 minutes, then skim off any fat if desired. Discard lemongrass and season sauce with salt.

Add chicken and stir to coat.

Chicken can be made 2 days ahead and cooled completely in sauce, uncovered, then chilled, covered. Reheat over moderately low heat.

## Nutrition Facts

**PROTEIN 14.64%** **FAT 74.76%** **CARBS 10.6%**

### Properties

Glycemic Index:20.63, Glycemic Load:2.68, Inflammation Score:-10, Nutrition Score:20.861304324606%

### Nutrients (% of daily need)

Calories: 702.48kcal (35.12%), Fat: 60.52g (93.11%), Saturated Fat: 43.01g (268.8%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 13.82g (5.03%), Sugar: 10.87g (12.08%), Cholesterol: 86.75mg (28.92%), Sodium: 696mg (30.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.68g (53.35%), Manganese: 1.82mg (91.18%), Vitamin B3: 9.44mg (47.21%), Selenium: 28.41µg (40.59%), Phosphorus: 377.7mg (37.77%), Vitamin B6: 0.59mg (29.49%), Copper: 0.58mg (29.06%), Iron: 4.95mg (27.51%), Magnesium: 103.94mg (25.98%), Potassium: 848.27mg (24.24%), Fiber: 5.49g (21.95%), Zinc: 2.91mg (19.41%), Vitamin B5: 1.48mg (14.8%), Vitamin C: 12.2mg (14.79%), Folate: 47.09µg (11.77%), Vitamin B1: 0.15mg (10.32%), Vitamin B2: 0.16mg (9.16%), Calcium: 64.22mg (6.42%), Vitamin B12: 0.36µg (5.98%), Vitamin E: 0.67mg (4.47%), Vitamin A: 185.57IU (3.71%), Vitamin K: 2.58µg (2.46%), Vitamin D: 0.23µg (1.54%)