



Chicken Massaman Curry



Gluten Free



Dairy Free



Low Fod Map

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READY IN

ready

55 min.

SERVINGS

servings

4

CALORIES

calories

775 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 13.5 ounce coconut milk canned
- ☐ 1.3 pounds rotisserie chicken breast meat boneless skinless cubed
- ☐ 3 tablespoons curry paste
- ☐ 3 tablespoons fish sauce
- ☐ 1 slice ginger minced 3/
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.3 cup peanut butter

- ☐ 3 cups potatoes cubed peeled
- ☐ 3 tablespoons tamarind paste
- ☐ 2 tablespoons vegetable oil

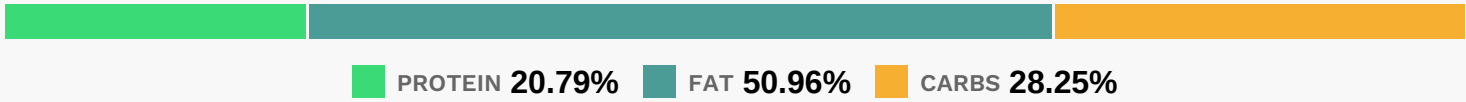
Equipment

- ☐ sauce pan

Directions

- ☐ Heat vegetable oil in a large saucepan over medium heat. Stir in curry paste and minced ginger; cook and stir for 2 minutes. Stir in the cubed chicken, and cook until the pieces turn white on the outside, about 3 minutes.
- ☐ Stir in brown sugar, fish sauce, tamarind paste, peanut butter, potatoes, and coconut milk. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the potatoes are tender and the chicken pieces are no longer pink in the center, about 20 minutes.
- ☐ Add the lime juice and cook for an additional 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:44.44, Glycemic Load:25.16, Inflammation Score:-9, Nutrition Score:35.344782349856%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 775.15kcal (38.76%), Fat: 45.28g (69.66%), Saturated Fat: 24.63g (153.91%), Carbohydrates: 56.47g (18.82%), Net Carbohydrates: 48.78g (17.74%), Sugar: 21.56g (23.95%), Cholesterol: 90.72mg (30.24%), Sodium: 1346.59mg (58.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.56g (83.12%), Vitamin B3: 20.61mg (103.03%), Vitamin B6: 1.72mg (86.17%), Selenium: 54.15µg (77.36%), Manganese: 1.49mg (74.71%), Phosphorus: 572.62mg (57.26%), Vitamin C: 40.24mg (48.78%), Potassium: 1701.89mg (48.63%), Magnesium: 181.41mg (45.35%), Vitamin A: 1828.39IU (36.57%), Fiber: 7.69g (30.74%), Vitamin B5: 2.95mg (29.49%), Copper: 0.58mg (28.93%),

Iron: 4.51mg (25.03%), Vitamin B1: 0.33mg (21.81%), Vitamin E: 2.98mg (19.88%), Folate: 74.5µg (18.63%), Zinc: 2.52mg (16.79%), Vitamin K: 16.35µg (15.57%), Vitamin B2: 0.26mg (15.35%), Calcium: 91.39mg (9.14%), Vitamin B12: 0.35µg (5.8%)