






 14%  
HEALTH SCORE

# Chicken Samlá (Cambodian Chicken Curry)

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

READY IN  
  
**45 min.**

SERVINGS  
  
**4**

CALORIES  
  
**1013 kcal**

LUNCH MAIN COURSE MAIN DISH DINNER

## Ingredients

- 24 ounce skin-on chicken drumsticks
- 24 ounce strips.
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- 0.5 teaspoon pepper red crushed
- 1 cup fat-skimmed beef broth fat-free
- 0.5 cup ginger fresh peeled thinly sliced
- 5 garlic clove halved
- 0.5 teaspoon turmeric

- 0.3 cup lemon grass fresh peeled chopped
- 0.8 cup lite coconut milk light
- 1 tablespoon juice of lime fresh
- 1 teaspoon lime zest grated
- 1 tablespoon rice vinegar
- 0.5 teaspoon salt
- 2 large shallots peeled quartered
- 1.5 tablespoons shrimp paste (such as Lee Kum Kee)
- 1 teaspoon sugar

## Equipment

- food processor
- bowl
- frying pan

## Directions

- Place first 10 ingredients in a food processor; process until minced, scraping sides of bowl occasionally.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add ginger mixture; saut 2 minutes.
- Add chicken; cook 2 minutes on each side.
- Add broth, coconut milk, and sugar, scraping pan to loosen browned bits; bring mixture to a boil. Cover, reduce heat, and simmer 45 minutes or until chicken is done.
- Remove pan from heat.
- Remove chicken from pan, reserving liquid in pan; cool chicken slightly.
- Remove the meat from bones, and discard bones.
- Place pan over medium heat. Stir in chicken and lime juice; cook for 2 minutes or until thoroughly heated.
- Serve with lime wedges, if desired.

# Nutrition Facts

PROTEIN 32.44% FAT 63.35% CARBS 4.21%

## Properties

Glycemic Index:58.02, Glycemic Load:1.86, Inflammation Score:-9, Nutrition Score:31.976086616516%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 1013.33kcal (50.67%), Fat: 70.12g (107.88%), Saturated Fat: 20.57g (128.58%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 9.6g (3.49%), Sugar: 2.41g (2.68%), Cholesterol: 502.36mg (167.45%), Sodium: 1140.83mg (49.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 80.79g (161.59%), Selenium: 87.86µg (125.52%), Vitamin B3: 21.86mg (109.32%), Vitamin B6: 1.68mg (83.84%), Phosphorus: 756.67mg (75.67%), Vitamin B12: 2.92µg (48.63%), Vitamin B5: 4.8mg (47.96%), Zinc: 6.71mg (44.71%), Vitamin B2: 0.67mg (39.5%), Potassium: 1121.67mg (32.05%), Magnesium: 100.46mg (25.12%), Vitamin B1: 0.37mg (24.72%), Iron: 4.27mg (23.71%), Manganese: 0.45mg (22.65%), Copper: 0.32mg (16.01%), Vitamin K: 10.49µg (9.99%), Calcium: 81.84mg (8.18%), Vitamin A: 395.11IU (7.9%), Vitamin E: 1.08mg (7.22%), Folate: 23.6µg (5.9%), Vitamin C: 4.22mg (5.11%), Fiber: 0.89g (3.55%), Vitamin D: 0.45µg (3.03%)