



HEALTH SCORE

96%

Chicken with Coconut Milk (Pollo con Leche de Coco)



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



3966 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 13.5 oz coconut milk canned
- ☐ 4 chicken drums bone in
- ☐ 1 chicken bouillon tablet
- ☐ 2 servings cilantro leaves for garnish
- ☐ 0.5 teaspoon cumin powder
- ☐ 1 garlic clove minced
- ☐ 0.3 cup onion chopped

- ☐ 0.3 bell pepper red chopped
- ☐ 2 servings salt and pepper
- ☐ 1 tablespoon tomato paste
- ☐ 1 tablespoon vegetable oil
- ☐ 2 servings rice white for serving

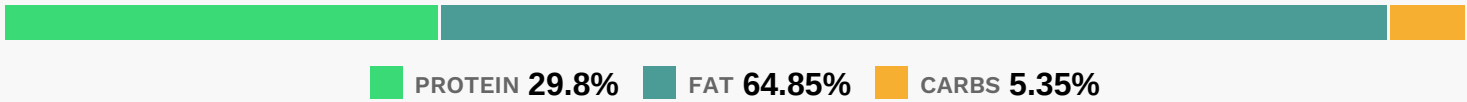
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the oil in a medium sauce pan, over medium heat.
- ☐ Place the chicken and cook for 3 minutes or until golden brown, turn over and cook for an additional 3 minutes or until the second side is browned.
- ☐ Remove from the saucepan and set aside.
- ☐ Add the onions, garlic and red pepper to the sauce pan. Cook, stirring occasionally for 6 minutes.
- ☐ Add the tomato paste and cumin and cook stirring constantly for 2 minutes.Return the chicken to the saucepan and stir in the coconut milk and chicken bouillon. Bring to a boil, then reduce the heat to medium low, cover and let it simmer for about 20 minutes or until the chicken is tender. Taste and add salt and pepper. Stir in the chopped cilantro and serve warm over white rice.

Nutrition Facts



Properties

Glycemic Index:116.09, Glycemic Load:23.42, Inflammation Score:-10, Nutrition Score:70.034782741381%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.17mg, Quercetin:

4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 3966.29kcal (198.31%), Fat: 282.31g (434.33%), Saturated Fat: 107.19g (669.97%), Carbohydrates: 52.38g (17.46%), Net Carbohydrates: 46.5g (16.91%), Sugar: 8.92g (9.91%), Cholesterol: 1142.64mg (380.88%), Sodium: 1359mg (59.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 291.94g (583.88%), Vitamin B3: 106.25mg (531.27%), Selenium: 238.98µg (341.4%), Vitamin B6: 5.58mg (278.82%), Phosphorus: 2504.99mg (250.5%), Vitamin B5: 14.77mg (147.73%), Zinc: 21.91mg (146.04%), Manganese: 2.65mg (132.61%), Vitamin B2: 1.88mg (110.85%), Potassium: 3592.88mg (102.65%), Iron: 17.92mg (99.58%), Magnesium: 396.4mg (99.1%), Vitamin B12: 4.72µg (78.72%), Copper: 1.39mg (69.51%), Vitamin B1: 1.02mg (68.29%), Vitamin C: 52.54mg (63.68%), Vitamin A: 2734.3IU (54.69%), Vitamin E: 6.07mg (40.45%), Vitamin K: 37.68µg (35.88%), Folate: 137.47µg (34.37%), Fiber: 5.88g (23.5%), Calcium: 227.19mg (22.72%), Vitamin D: 3.05µg (20.31%)