



 **58%**
HEALTH SCORE

Chicken with Peanut Curry Sauce

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



40 min.

SERVINGS



4

CALORIES



1048 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons brown sugar
- 2 tablespoons canola oil
- 1.5 pounds chicken breast cut in 1-inch pieces
- 4 servings cilantro sprigs for garnishing
- 8 ounces cut green beans frozen thawed (recommended: C&W)
- 2 cups rice instant
- 0.5 juice of lime juiced
- 0.8 cup coconut milk light (recommended: A Taste of Thai)

- 1.5 cups coconut milk light
- 2 tablespoons juice of lime for garnishing
- 0.5 cup chicken broth low-sodium
- 1 cup chicken broth low-sodium
- 0.3 cup chunky peanut butter
- 8 ounces pepper strips frozen thawed (recommended: C&W)
- 1 tablespoon curry paste red
- 4 servings salt and pepper
- 0.3 cup coconut or shredded sweetened toasted

Equipment

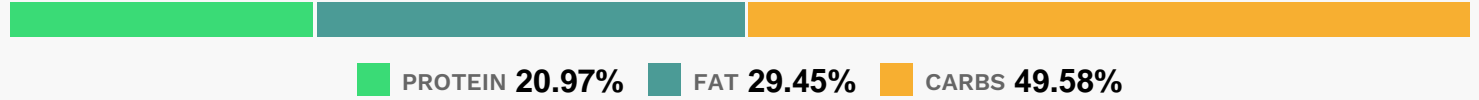
- frying pan
- sauce pan
- whisk
- mixing bowl

Directions

- Heat oil in a large frying pan over medium-high heat.
- Add cut up chicken, season and saute until cooked through stirring occasionally, about 5 minutes.
- Add green beans and pepper strips and continue cooking for 3 minutes.
- While chicken cooks, start the peanut curry sauce. In a medium mixing bowl, whisk together all ingredients for the sauce.
- Pour sauce into a frying pan over the chicken and vegetables, stir to combine. Turn heat up to high and bring to boil, stirring occasionally. Reduce heat and simmer until sauce thickens slightly, about 6 to 8 minutes.
- Serve over Coconut Rice or plain steamed rice.
- In a medium saucepan, combine coconut milk, chicken broth, lime juice, and instant rice. Bring to a boil over medium-high heat.

- Remove from heat and cover for 7 to 9 minutes. Fluff rice with fork and stir in toasted coconut.
- Serve.

Nutrition Facts



Properties

Glycemic Index:46.3, Glycemic Load:53.17, Inflammation Score:-9, Nutrition Score:47.503912816877%

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 Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 1047.7kcal (52.38%), Fat: 35.28g (54.27%), Saturated Fat: 14.17g (88.58%), Carbohydrates: 133.62g (44.54%), Net Carbohydrates: 115.07g (41.84%), Sugar: 13.4g (14.89%), Cholesterol: 108.86mg (36.29%), Sodium: 639.76mg (27.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.52g (113.04%), Manganese: 8.85mg (442.32%), Vitamin B3: 24.41mg (122.04%), Vitamin K: 123.08µg (117.22%), Selenium: 73.42µg (104.89%), Vitamin B6: 1.8mg (89.86%), Fiber: 18.55g (74.2%), Phosphorus: 682.03mg (68.2%), Copper: 1.2mg (60.1%), Magnesium: 219.98mg (55%), Potassium: 1846.93mg (52.77%), Iron: 8.28mg (45.99%), Vitamin B5: 4.57mg (45.73%), Calcium: 333.47mg (33.35%), Vitamin E: 4.48mg (29.87%), Vitamin A: 1355.39IU (27.11%), Vitamin B2: 0.45mg (26.3%), Zinc: 3.55mg (23.7%), Vitamin B1: 0.32mg (21.04%), Folate: 62.74µg (15.69%), Vitamin C: 12.71mg (15.41%), Vitamin B12: 0.43µg (7.14%), Vitamin D: 0.17µg (1.13%)