

Coconut Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 2 garlic cloves peeled cut in half lengthwise
- ☐ 1 juice of lime shredded
- ☐ 1 teaspoon kosher salt
- ☐ 14 ounce coconut milk light canned
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper flakes red crushed sliced

- ☐ 4 chicken breast halves boneless skinless
- ☐ 1 tablespoon thai fish sauce

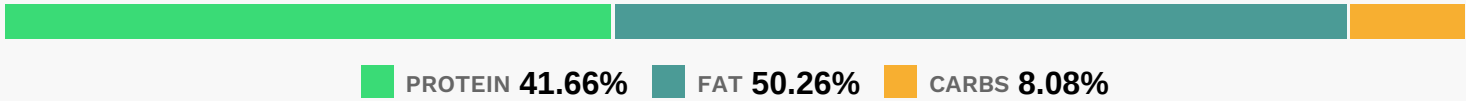
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ wax paper
- ☐ rolling pin

Directions

- ☐ Using a rolling pin, pound the chicken between 2 sheets of wax paper until they are of uniform thickness.
- ☐ Heat the oil, garlic, and red pepper flakes in a large skillet over medium-high heat until the oil shimmers and the garlic browns. (Don't burn the garlic.)
- ☐ Add the chicken breasts and cook until golden, 3 to 5 minutes on each side.
- ☐ Add the salt, pepper, coconut milk, and lime zest and juice. Cover, reduce heat to medium-low, and cook 3 minutes longer or until the chicken is fork-tender.
- ☐ Remove the chicken to a platter and keep warm. Increase heat to high and boil the sauce until thickened or syrupy, 3 to 5 minutes.
- ☐ Whisk in the fish sauce and pour the sauce over the chicken.
- ☐ Garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:11.70869563196%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 248.78kcal (12.44%), Fat: 13.07g (20.11%), Saturated Fat: 7.74g (48.37%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 4.59g (1.67%), Sugar: 0.32g (0.35%), Cholesterol: 72.32mg (24.11%), Sodium: 1151.02mg (50.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.38g (48.75%), Vitamin B3: 11.93mg (59.64%), Selenium: 36.82µg (52.61%), Vitamin B6: 0.89mg (44.44%), Phosphorus: 241.59mg (24.16%), Vitamin B5: 1.64mg (16.37%), Potassium: 450.81mg (12.88%), Magnesium: 38.65mg (9.66%), Vitamin B2: 0.12mg (7.06%), Vitamin E: 0.79mg (5.27%), Vitamin B1: 0.08mg (5.22%), Vitamin C: 4.15mg (5.03%), Zinc: 0.7mg (4.65%), Vitamin B12: 0.25µg (4.13%), Manganese: 0.07mg (3.55%), Vitamin K: 3.32µg (3.16%), Iron: 0.54mg (3.03%), Copper: 0.04mg (2.14%), Folate: 7.79µg (1.95%), Vitamin A: 89.43IU (1.79%), Calcium: 12.73mg (1.27%)