

Coconut Chicken

 Dairy Free

READY IN



230 min.

SERVINGS



6

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce coconut milk divided canned
- ☐ 1 eggs beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 tablespoon juice of lime
- ☐ 0.5 cup mayonnaise reduced-fat
- ☐ 1 cup panko bread crumbs

- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds chicken breast halves boneless skinless cut into strips
- ☐ 1 tablespoon soya sauce
- ☐ 1 cup coconut or shredded sweetened

Equipment

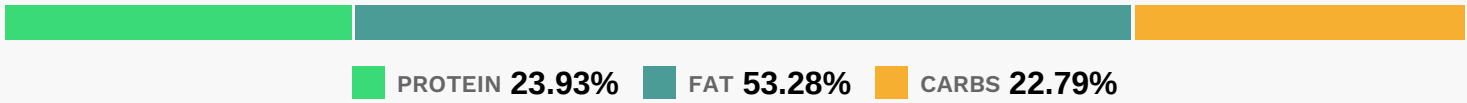
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Pour half the coconut milk, the garlic, soy sauce, and lime juice into a resealable plastic zipper bag, and shake to thoroughly combine the marinade.
- ☐ Place the chicken strips into the bag, squeeze several times to coat the chicken with marinade, and refrigerate at least 3 hours. Reserve the rest of the coconut milk.
- ☐ Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil and grease with olive oil.
- ☐ Place the shredded coconut into a blender or food processor and pulse several times until the coconut is ground into crumbs.
- ☐ Mix it with panko crumbs, salt, and black pepper in a bowl.
- ☐ Place the flour into a second bowl, and the egg into a third shallow bowl. Shake excess marinade from chicken strips, and dip them into the flour to thoroughly coat; then dip into egg, and finally into the coconut crumb mixture.
- ☐ Place the coated strips onto the prepared baking sheet.
- ☐ Bake the chicken strips in the preheated oven until golden brown, about 30 minutes.

Mix the reserved coconut milk and mayonnaise in a small saucepan, and bring to a simmer over medium-low heat; serve the sauce drizzled over the chicken strips or on the side for dipping.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:5.84, Inflammation Score:-4, Nutrition Score:21.044347877088%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 492.48kcal (24.62%), Fat: 29.49g (45.37%), Saturated Fat: 20.33g (127.09%), Carbohydrates: 28.39g (9.46%), Net Carbohydrates: 25.44g (9.25%), Sugar: 10.12g (11.25%), Cholesterol: 102.84mg (34.28%), Sodium: 780.5mg (33.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.8g (59.6%), Selenium: 51.79µg (73.98%), Vitamin B3: 13.81mg (69.07%), Manganese: 1.21mg (60.3%), Vitamin B6: 0.95mg (47.75%), Phosphorus: 370.68mg (37.07%), Vitamin B5: 2.09mg (20.89%), Potassium: 704.29mg (20.12%), Vitamin B1: 0.28mg (18.73%), Magnesium: 71.12mg (17.78%), Iron: 3.01mg (16.74%), Copper: 0.31mg (15.57%), Vitamin B2: 0.25mg (14.56%), Folate: 51.11µg (12.78%), Fiber: 2.95g (11.79%), Zinc: 1.72mg (11.48%), Vitamin K: 11.37µg (10.83%), Vitamin E: 0.88mg (5.87%), Vitamin B12: 0.33µg (5.45%), Vitamin C: 4.22mg (5.12%), Calcium: 46.31mg (4.63%), Vitamin A: 88.89IU (1.78%), Vitamin D: 0.26µg (1.73%)