



Coconut Chicken

 Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup carrots diced
- ☐ 0.5 cup cauliflower florets
- ☐ 0.5 cup celery diced
- ☐ 2 cups chicken stock see
- ☐ 3 tablespoons freshly cilantro leaves chopped
- ☐ 8 servings rice cooked for serving, optional
- ☐ 0.3 cup curry powder to taste
- ☐ 1 cup flour all-purpose

- ☐ 2 tablespoons garlic minced
- ☐ 0.3 cup grapeseed oil
- ☐ 0.5 cup potatoes diced
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 4 chicken breast diced boneless skinless
- ☐ 0.3 cup tomato paste
- ☐ 14 ounce coconut milk unsweetened canned
- ☐ 0.5 cup onions diced white

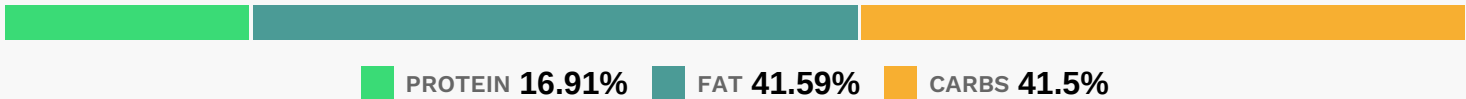
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a large saucepan over medium heat, add the oil. When the oil is hot add the onions, garlic and curry powder and saute until the onions are translucent.
- ☐ Add the chicken cubes and saute until cooked through. Stir in the carrots, cauliflower, potatoes, and celery and continue cooking for 5 minutes more.
- ☐ Add the tomato paste and flour and stir until incorporated.
- ☐ Pour in the chicken stock and coconut milk and stir until mixed thoroughly. Reduce the heat to a simmer, season with salt and pepper, to taste, and cook for another 30 minutes.
- ☐ At this point, check to see if the vegetables are cooked through and tender. To finish add the cilantro and adjust seasoning with salt and pepper.
- ☐ Transfer to a serving bowl and serve with cooked rice, if desired.
- ☐ Cook's Note: for additional sweetness, shredded coconut can be toasted and served as a garnish. Also, if the curry seems a little thin, it can be thickened with a little cornstarch.

Nutrition Facts



Properties

Glycemic Index:75.45, Glycemic Load:35.6, Inflammation Score:-8, Nutrition Score:22.453043574872%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 473.75kcal (23.69%), Fat: 22.32g (34.34%), Saturated Fat: 11.92g (74.49%), Carbohydrates: 50.11g (16.7%), Net Carbohydrates: 44.51g (16.19%), Sugar: 5.02g (5.58%), Cholesterol: 37.96mg (12.65%), Sodium: 242.47mg (10.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.43g (40.85%), Manganese: 1.39mg (69.58%), Selenium: 35.85µg (51.21%), Vitamin B3: 9.26mg (46.31%), Vitamin B6: 0.76mg (38.12%), Vitamin A: 1592.64IU (31.85%), Phosphorus: 288.64mg (28.86%), Vitamin E: 4.27mg (28.43%), Iron: 4.7mg (26.09%), Potassium: 784.69mg (22.42%), Fiber: 5.6g (22.4%), Magnesium: 77.9mg (19.48%), Copper: 0.38mg (19.04%), Vitamin B1: 0.26mg (17.41%), Folate: 68.05µg (17.01%), Vitamin C: 12.49mg (15.14%), Vitamin B2: 0.25mg (14.69%), Vitamin B5: 1.43mg (14.28%), Vitamin K: 13.47µg (12.83%), Zinc: 1.72mg (11.44%), Calcium: 75.67mg (7.57%), Vitamin B12: 0.11µg (1.88%)