



Coconut Chicken and Rice

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups rice uncooked
- ☐ 14 ounce coconut milk canned
- ☐ 0.5 teaspoon cayenne
- ☐ 8 chicken-breast halves boneless skinless
- ☐ 2 cups chicken stock see
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 2 garlic cloves minced
- ☐ 2 juice of lime

- ☐ 2 lime zest
- ☐ 1 teaspoon salt
- ☐ 0.5 cup coconut or sweetened flaked

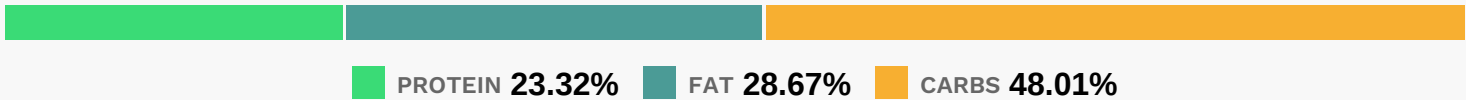
Equipment

- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 425 F. Lightly coat a 13-by-9-inch baking dish with vegetable cooking spray.
- ☐ Sprinkle the chicken breasts with the garlic, cayenne, and lime zest; set aside.
- ☐ Place the rice in the baking dish.
- ☐ Combine the chicken stock, coconut milk, cilantro, salt, and lime juice and pour onto the rice. Arrange the chicken on top of the rice. Cover with foil and bake 25 to 30 minutes or until the rice is tender and the chicken is cooked through.
- ☐ Remove the foil, sprinkle the coconut on top, and cook 5 minutes more or until the coconut is browned. Make-Ahead: The recipe can be made up to 1 day ahead. Cover with foil and refrigerate. Reheat, covered, in a 325 F oven for 20 minutes or until a knife inserted into the chicken comes out warm.

Nutrition Facts



Properties

Glycemic Index:23.4, Glycemic Load:33.88, Inflammation Score:-4, Nutrition Score:20.905217647552%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 7.88mg, Hesperetin: 7.88mg, Hesperetin: 7.88mg, Hesperetin: 7.88mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg,

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Nutrients (% of daily need)

Calories: 550.5kcal (27.53%), Fat: 17.47g (26.87%), Saturated Fat: 12.84g (80.24%), Carbohydrates: 65.81g (21.94%), Net Carbohydrates: 62.73g (22.81%), Sugar: 5.08g (5.64%), Cholesterol: 74.12mg (24.71%), Sodium: 534.5mg (23.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.97g (63.95%), Selenium: 52.08µg (74.41%), Vitamin B3: 14.32mg (71.62%), Manganese: 1.3mg (64.89%), Vitamin B6: 1.04mg (51.89%), Phosphorus: 394.02mg (39.4%), Vitamin B5: 2.46mg (24.65%), Potassium: 744.59mg (21.27%), Copper: 0.38mg (19.01%), Magnesium: 72.31mg (18.08%), Zinc: 1.91mg (12.7%), Vitamin C: 10.45mg (12.67%), Fiber: 3.08g (12.33%), Vitamin B2: 0.21mg (12.12%), Iron: 2.13mg (11.86%), Vitamin B1: 0.16mg (10.98%), Folate: 23.72µg (5.93%), Calcium: 44.03mg (4.4%), Vitamin B12: 0.23µg (3.77%), Vitamin E: 0.49mg (3.25%), Vitamin A: 133.65IU (2.67%), Vitamin K: 2.27µg (2.17%)