



## Coconut Chicken Salad

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 pineapple chunks drained canned
- 0.3 cup olive oil
- 1 tablespoon apple cider vinegar
- 0.5 teaspoon highest available proof grain spirit
- 0.3 teaspoon ground ginger
- 0.3 teaspoon salt
- 6 cups the of 1 cos lettuce
- 1 bell pepper red cut into thin strips

- 2 spring onion sliced
- 4 chicken breast boneless skinless
- 0.3 cup cornstarch
- 0.8 cup coconut milk canned (not cream of coconut)
- 2 teaspoons soya sauce
- 0.3 teaspoon ground ginger
- 1 eggs
- 1 cup panko bread crumbs crispy
- 1 cup coconut shredded unsweetened
- 1 serving vegetable oil for frying

## Equipment

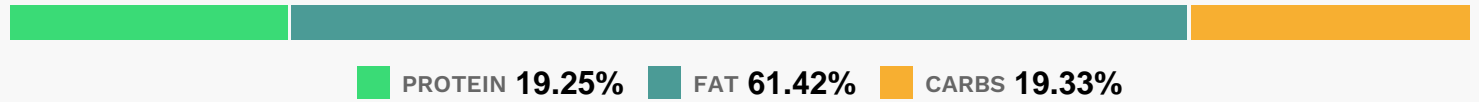
- bowl
- frying pan
- paper towels
- whisk

## Directions

- In small bowl, mix reserved pineapple juice, the olive oil, vinegar, garlic-pepper blend, 1/4 teaspoon ginger and the salt with whisk; set aside.
- In medium bowl, toss lettuce, bell pepper and pineapple chunks; set aside.
- Coat both sides of chicken with cornstarch; shake off excess. In shallow bowl, mix coconut milk, soy sauce, 1/4 teaspoon ginger and the egg with whisk until blended. In another shallow bowl, mix bread crumbs and coconut.
- In large skillet, heat 1 inch vegetable oil over medium heat or to 350°F. Dip chicken in coconut milk mixture, then coat with bread crumb mixture. Cook chicken in oil 10 to 12 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (at least 165°F).
- Drain on paper towels.
- Stir dressing; drizzle over lettuce mixture and toss to coat. Divide salad among 4 plates.
- Cut chicken diagonally into slices; arrange on salads.

Sprinkle with onions.

## Nutrition Facts



### Properties

Glycemic Index:43.75, Glycemic Load:0.74, Inflammation Score:-10, Nutrition Score:36.639130312464%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

### Nutrients (% of daily need)

Calories: 645.22kcal (32.26%), Fat: 45.02g (69.26%), Saturated Fat: 25.99g (162.43%), Carbohydrates: 31.88g (10.63%), Net Carbohydrates: 23.97g (8.71%), Sugar: 6.79g (7.54%), Cholesterol: 113.24mg (37.75%), Sodium: 593.87mg (25.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.74g (63.48%), Vitamin A: 7226.33IU (144.53%), Vitamin K: 96.95µg (92.33%), Manganese: 1.48mg (74.04%), Selenium: 51.17µg (73.1%), Vitamin B3: 14mg (70.02%), Vitamin B6: 1.12mg (56.08%), Vitamin C: 45.18mg (54.77%), Phosphorus: 416.3mg (41.63%), Folate: 149.7µg (37.42%), Fiber: 7.91g (31.65%), Potassium: 978.66mg (27.96%), Vitamin B5: 2.35mg (23.48%), Magnesium: 92.92mg (23.23%), Iron: 4.01mg (22.26%), Copper: 0.44mg (22.02%), Vitamin B1: 0.32mg (21.48%), Vitamin E: 3.11mg (20.76%), Vitamin B2: 0.33mg (19.49%), Zinc: 2.11mg (14.07%), Calcium: 84.15mg (8.42%), Vitamin B12: 0.38µg (6.27%), Vitamin D: 0.33µg (2.22%)