



Coconut Chicken Stir Fry

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 14 ounce coconut milk canned
- ☐ 2 large carrots thinly sliced
- ☐ 1 teaspoon cumin seeds
- ☐ 0.5 teaspoon curry powder to taste
- ☐ 4 cloves garlic diced
- ☐ 1 tablespoon ginger grated
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 1 teaspoon ground cumin
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 teaspoon honey
- ☐ 1 large onion finely chopped
- ☐ 2 teaspoons pepper flakes red crushed
- ☐ 4 large chicken breast halves boneless skinless thinly sliced
- ☐ 2 tablespoons vegetable oil

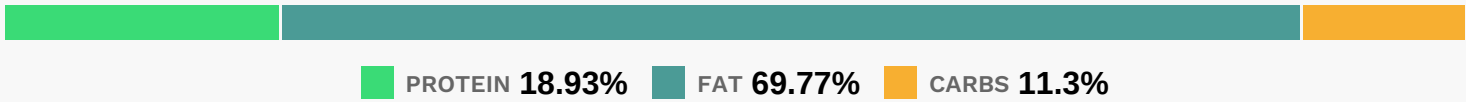
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in large frying pan over medium heat.
- ☐ Cook and stir the cumin seeds in butter until fragrant, about 1 minute.
- ☐ Stir chicken into the skillet with cumin seeds, and cook and stir until chicken is no longer pink in the center and juices run clear, 5 to 8 minutes.
- ☐ Drain any excess juices, if any.
- ☐ Pour vegetable oil into skillet with chicken, and heat oil until sizzling.
- ☐ Mix in onion, carrots, garlic, ginger, red pepper flakes, honey, ground cumin, cinnamon, curry powder, salt, and black pepper to the pan; cook until onions are translucent and carrots done, 5 to 8 minutes.
- ☐ Stir in coconut milk and simmer until flavors have blended, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:68.28, Glycemic Load:3.03, Inflammation Score:-10, Nutrition Score:25.898260697075%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.74mg, Quercetin: 7.74mg, Quercetin: 7.74mg, Quercetin: 7.74mg

Nutrients (% of daily need)

Calories: 568.07kcal (28.4%), Fat: 45.41g (69.86%), Saturated Fat: 29.99g (187.42%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 11.93g (4.34%), Sugar: 8.22g (9.14%), Cholesterol: 102.82mg (34.27%), Sodium: 282.59mg (12.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.72g (55.45%), Vitamin A: 6716.57IU (134.33%), Vitamin B3: 13.15mg (65.77%), Selenium: 43.44µg (62.06%), Manganese: 1.2mg (59.94%), Vitamin B6: 1.04mg (52.17%), Phosphorus: 377.84mg (37.78%), Potassium: 916.26mg (26.18%), Magnesium: 82.09mg (20.52%), Vitamin B5: 1.99mg (19.86%), Vitamin K: 20.38µg (19.41%), Fiber: 4.62g (18.5%), Copper: 0.36mg (18.09%), Iron: 3.25mg (18.03%), Vitamin E: 1.98mg (13.18%), Vitamin C: 10.19mg (12.35%), Zinc: 1.63mg (10.9%), Vitamin B1: 0.16mg (10.39%), Vitamin B2: 0.17mg (9.83%), Folate: 35.9µg (8.98%), Calcium: 68mg (6.8%), Vitamin B12: 0.25µg (4.17%)