



Coconut Chicken With Mango Salsa, Cinnamon Butter Sweet Potatoes

 Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



1233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bottled garlic minced
- 1 tablespoon brown sugar
- 0.5 cup butter
- 1 pepper flakes hot seeded well
- 1 teaspoon cinnamon
- 2 teaspoons curry paste
- 3 eggs beaten

- 1.5 cups flour
- 1 teaspoon ginger fresh grated
- 0.5 cup bell pepper sweet green chopped fine
- 3 mangos diced peeled
- 2 cups olive oil
- 0.3 cup raisins
- 0.5 cup bell pepper red seeded chopped fine
- 0.3 cup rum
- 4 servings salt and pepper
- 3 spring onion chopped
- 3 chicken breast boneless skinless cut into 4-1 inch wide fillets
- 4 sweet potatoes and into
- 1 cup coconut flakes unsweetened flaked
- 3 tablespoons vinegar

Equipment

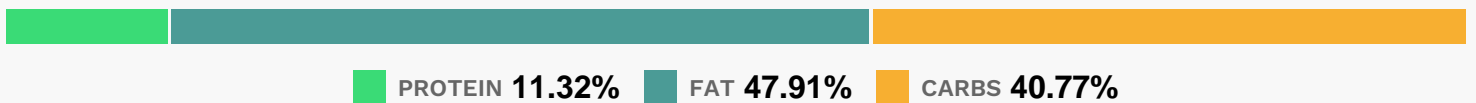
- bowl
- frying pan
- paper towels
- oven
- knife
- plastic wrap
- microwave

Directions

- One hour before you wish to eat: Wash, then score with a knife, the skins of the sweet potatoes or yams and place in a 350F oven. To save some time, you could microwave them 1/2 way for 8 minutes and then put into a 350F oven for 1/2 hour. In a small dish add the 1/2 butter or margarine to the 1 tsp cinnamon.

- Mix well and cover and refrigerate. Make the salsa next. Into a glass or ceramic bowl, put the raisins into the rum and let soak for 15 minutes. Slightly warming the rum will allow the raisin to increase absorption. After rehydrating, add to bowl: the mango, 1/2 tsp of the curry paste, the peppers, garlic, green onions, ginger, sugar, vinegar and give it a stir to incorporate. Cover with plastic wrap and refrigerate. This is best when mixed just a few hours before serving but can be made in the morning if kept tightly covered. Making the coconut chicken fingers. Into a plastic resealable baggie or a bowl, put 1/4 oil mixed with 1 1/2 tsp of the curry paste together.
- Add salt and pepper to taste.
- Add the prepped chicken fillets into the bag or bowl and gently massage the marinade into them. Leave for 15 minutes in the refrigerator.
- Heat the remaining 1 1/2 cups oil in a heavy bottomed pan set to medium high heat. Too high heat will cause the coconut to burn before the chicken is thoroughly cooked. Using three bowls, put the flour into one with salt and pepper to taste, the eggs slightly beaten into another, and the coconut into another. Take out the chicken. Taking one fillet at a time, dredge into the flour, then the egg, then into the coconut. Shake off excess and set aside on a plate. Do all the fillets in this manner. Gently place the fillets in the hot oil, and watch out for splatters. You will have to keep an eye on them. If they brown too quickly, then the chicken inside won't be cooked before the coconut burns. Cook for 10-15 minutes, turning once. Take out when toasty brown and juices run clear.
- Drain on paper towels. Take the potatoes out of the oven and either serve whole or halved with the cinnamon butter melting into them.
- Put the chicken fingers on a platter with a bowl of the Mango salsa.

Nutrition Facts



Properties

Glycemic Index: 119.39, Glycemic Load: 63.74, Inflammation Score: -10, Nutrition Score: 49.418695263241%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.17mg

Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 1233.02kcal (61.65%), Fat: 65.05g (100.07%), Saturated Fat: 21.77g (136.09%), Carbohydrates: 124.54g (41.51%), Net Carbohydrates: 108.45g (39.44%), Sugar: 37.68g (41.86%), Cholesterol: 177mg (59%), Sodium: 749.35mg (32.58%), Alcohol: 5.01g (100%), Alcohol %: 0.79% (100%), Protein: 34.57g (69.13%), Vitamin A: 36205.16IU (724.1%), Vitamin C: 120.82mg (146.45%), Manganese: 1.81mg (90.67%), Selenium: 59.69µg (85.28%), Vitamin B6: 1.62mg (80.82%), Vitamin B3: 14.64mg (73.21%), Fiber: 16.09g (64.37%), Folate: 217.67µg (54.42%), Potassium: 1776.76mg (50.76%), Phosphorus: 497.8mg (49.78%), Vitamin B1: 0.72mg (47.75%), Vitamin E: 7.11mg (47.38%), Vitamin K: 46.72µg (44.5%), Vitamin B2: 0.75mg (44.2%), Copper: 0.87mg (43.53%), Vitamin B5: 4.35mg (43.46%), Magnesium: 140.49mg (35.12%), Iron: 6.29mg (34.96%), Zinc: 2.66mg (17.76%), Calcium: 155.01mg (15.5%), Vitamin B12: 0.49µg (8.19%), Vitamin D: 0.74µg (4.97%)