



Coconut Curried Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons bottled garlic minced
- ☐ 2 teaspoons bottled ginger minced
- ☐ 1 pound chicken breast tenders
- ☐ 1 tablespoon cornstarch
- ☐ 0.7 cup couscous uncooked
- ☐ 1 tablespoon fish sauce
- ☐ 1 teaspoon curry paste green
- ☐ 1 cup coconut milk light

- ☐ 1 teaspoon juice of lime
- ☐ 8 ounce pre mushrooms
- ☐ 0.5 cup prechopped onion
- ☐ 1 cup peas green frozen
- ☐ 0.5 teaspoon salt divided
- ☐ 2 teaspoons sugar
- ☐ 2 teaspoons vegetable oil divided
- ☐ 1.5 cups water divided

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

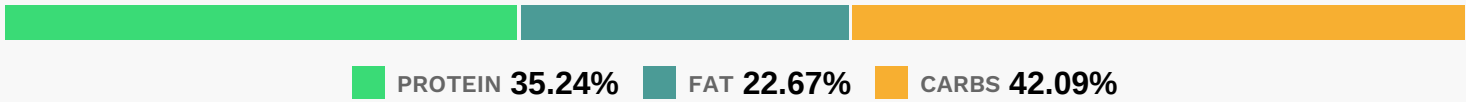
Directions

- ☐ Bring 1 cup of water to a boil in a medium saucepan. Stir in couscous, and cover and remove from heat.
- ☐ Let stand 5 minutes. Fluff with a fork.
- ☐ While couscous cooks, combine 1/2 cup water, coconut milk, and next 6 ingredients (through curry paste), stirring well with a whisk.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle chicken with 1/4 teaspoon salt.
- ☐ Add chicken to pan; cook 6 minutes or until done, turning once.
- ☐ Remove from pan; keep warm.
- ☐ Add remaining 1 teaspoon oil to pan.
- ☐ Add peas, onion, and mushrooms; cook 3 minutes or until mushrooms are tender.
- ☐ Add coconut milk mixture and 1/4 teaspoon salt to pan; bring to a boil. Reduce heat, and simmer 1 minute.
- ☐ Add chicken and lime juice to pan; cook 1 minute or until thoroughly heated.

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Serve over couscous; garnish with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:70.86, Glycemic Load:17.48, Inflammation Score:-7, Nutrition Score:21.886956556984%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 373.45kcal (18.67%), Fat: 9.19g (14.14%), Saturated Fat: 4.46g (27.87%), Carbohydrates: 38.4g (12.8%), Net Carbohydrates: 33.81g (12.29%), Sugar: 6.36g (7.07%), Cholesterol: 72.57mg (24.19%), Sodium: 830.91mg (36.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.15g (64.3%), Vitamin B3: 15.8mg (79.02%), Selenium: 43.16µg (61.66%), Vitamin B6: 1.08mg (53.93%), Phosphorus: 386.29mg (38.63%), Vitamin B5: 2.91mg (29.12%), Manganese: 0.5mg (25.16%), Vitamin B2: 0.42mg (24.93%), Vitamin C: 19.94mg (24.17%), Potassium: 800.37mg (22.87%), Copper: 0.38mg (19.25%), Vitamin B1: 0.28mg (18.51%), Fiber: 4.59g (18.35%), Magnesium: 71.87mg (17.97%), Vitamin K: 13.49µg (12.84%), Folate: 50.07µg (12.52%), Zinc: 1.73mg (11.56%), Vitamin A: 510IU (10.2%), Iron: 1.73mg (9.6%), Vitamin B12: 0.27µg (4.52%), Calcium: 39.64mg (3.96%), Vitamin E: 0.47mg (3.12%), Vitamin D: 0.23µg (1.51%)