



Coconut Curry Chicken

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium bell pepper cut into 3/4-inch squares (any color)
- 1 tablespoon black bean garlic sauce
- 2 tablespoons coconut or shredded toasted
- 1 tablespoon curry powder
- 1 teaspoon ginger grated
- 1 small onion cut into 2x1/4-inch strips
- 0.5 teaspoon salt
- 0.8 lb chicken breast boneless skinless

- 0.3 cup coconut milk light unsweetened
- 1 teaspoon vegetable oil
- 1 small zucchini cut into 1/4-inch slices

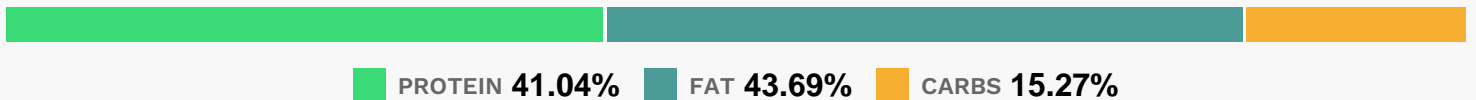
Equipment

- frying pan
- wok

Directions

- Rub curry powder on chicken.
- Cut chicken into 3/4-inch pieces.
- Let stand 10 minutes.
- Spray wok or 12-inch skillet with nonstick cooking spray; heat over medium-high heat until cooking spray starts to bubble.
- Add chicken; stir-fry 2 minutes. Move chicken to side of wok.
- Add oil to center of wok.
- Add onion, zucchini and bell pepper; stir-fry 2 minutes.
- Add coconut milk, bean sauce, gingerroot and salt; cook and stir until sauce coats vegetables and chicken and is heated through.
- Sprinkle with toasted coconut.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.87, Inflammation Score:-8, Nutrition Score:15.979130519473%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.82mg,

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Nutrients (% of daily need)

Calories: 191.53kcal (9.58%), Fat: 9.44g (14.53%), Saturated Fat: 5.7g (35.63%), Carbohydrates: 7.43g (2.48%), Net Carbohydrates: 4.83g (1.76%), Sugar: 4.03g (4.47%), Cholesterol: 54.43mg (18.14%), Sodium: 398.05mg (17.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.96g (39.91%), Vitamin C: 46.51mg (56.38%), Vitamin B3: 9.54mg (47.68%), Selenium: 29.15µg (41.64%), Vitamin B6: 0.82mg (40.93%), Phosphorus: 230.85mg (23.09%), Vitamin A: 1031.13IU (20.62%), Manganese: 0.41mg (20.39%), Potassium: 566.78mg (16.19%), Vitamin B5: 1.43mg (14.33%), Magnesium: 44.98mg (11.24%), Fiber: 2.6g (10.41%), Vitamin B2: 0.15mg (8.69%), Folate: 33.71µg (8.43%), Iron: 1.5mg (8.35%), Vitamin E: 1.13mg (7.53%), Vitamin B1: 0.1mg (6.84%), Copper: 0.13mg (6.41%), Vitamin K: 6.56µg (6.25%), Zinc: 0.92mg (6.11%), Vitamin B12: 0.17µg (2.83%), Calcium: 26.06mg (2.61%)