



Coconut Curry Chicken



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 2 teaspoons curry powder
- ☐ 4 servings salt
- ☐ 1 cup coconut dried shredded unsweetened sweetened
- ☐ 4 chicken breast halves ()

Equipment

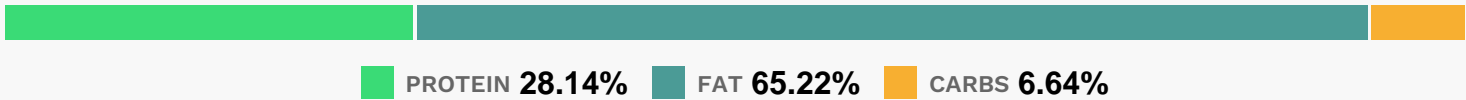
- ☐ bowl
- ☐ oven

☐ baking pan

Directions

- ☐ Rinse chicken and pat dry.
- ☐ Pour butter into a 9- by 13-inch baking dish. In a wide, shallow bowl, combine coconut and curry powder. Dip chicken in butter to coat, then roll in coconut.
- ☐ Place chicken pieces slightly apart in the baking dish. Pat any remaining coconut mixture on top.
- ☐ Sprinkle with salt.
- ☐ Bake chicken in a 350 oven until no longer pink in center of thickest part (cut to test), 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:15.578695836275%

Nutrients (% of daily need)

Calories: 360.8kcal (18.04%), Fat: 26.58g (40.9%), Saturated Fat: 19.36g (121.02%), Carbohydrates: 6.09g (2.03%), Net Carbohydrates: 1.96g (0.71%), Sugar: 1.74g (1.94%), Cholesterol: 94.89mg (31.63%), Sodium: 401.51mg (17.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.81g (51.61%), Vitamin B3: 11.97mg (59.83%), Selenium: 40.74µg (58.2%), Vitamin B6: 0.93mg (46.4%), Manganese: 0.7mg (34.93%), Phosphorus: 291.2mg (29.12%), Vitamin B5: 1.81mg (18.08%), Fiber: 4.12g (16.49%), Potassium: 562.34mg (16.07%), Magnesium: 53.06mg (13.27%), Copper: 0.22mg (11.19%), Vitamin B2: 0.14mg (8.39%), Iron: 1.49mg (8.28%), Zinc: 1.17mg (7.82%), Vitamin A: 306.15IU (6.12%), Vitamin B1: 0.09mg (5.95%), Vitamin E: 0.78mg (5.2%), Vitamin B12: 0.24µg (4.06%), Vitamin C: 1.82mg (2.2%), Folate: 8.47µg (2.12%), Vitamin K: 2.03µg (1.93%), Calcium: 19.11mg (1.91%)