



Coconut Curry Chicken and Peanuts

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 0.3 cup coconut milk
- 2 tablespoons curry powder divided to taste
- 0.3 cup peanuts chopped
- 4 chicken breast halves boneless skinless cut into cubes
- 2 onions sweet thinly sliced
- 2 tablespoons vegetable oil

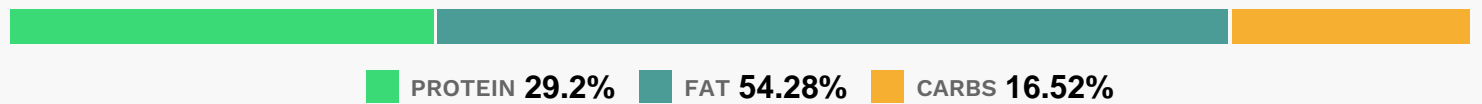
Equipment

- frying pan
- slotted spoon

Directions

- Heat the butter and oil in a large skillet over medium heat until the butter is melted. Cook and stir the onions and 1 tablespoon of curry powder for about 5 minutes, to release the juice from the onions.
- Remove the onions with a slotted spoon and set aside, leaving the juice in the skillet.
- Place the chicken breast cubes into the skillet with the remaining 1 tablespoon of curry powder, and cook and stir about 15 minutes, until the chicken is browned and no longer pink inside. Return the onions to the skillet, and pour in the coconut milk. Simmer for about 15 minutes, until the sauce is thickened.
- Sprinkle with chopped peanuts.

Nutrition Facts



Properties

Glycemic Index:41.56, Glycemic Load:0.51, Inflammation Score:-7, Nutrition Score:19.613912997038%

Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg

Nutrients (% of daily need)

Calories: 381.67kcal (19.08%), Fat: 23.49g (36.14%), Saturated Fat: 8.71g (54.45%), Carbohydrates: 16.08g (5.36%), Net Carbohydrates: 12.73g (4.63%), Sugar: 8.4g (9.33%), Cholesterol: 87.37mg (29.12%), Sodium: 194.73mg (8.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.42g (56.85%), Vitamin B3: 13.66mg (68.28%), Vitamin B6: 1.13mg (56.6%), Selenium: 38.23µg (54.61%), Phosphorus: 343.1mg (34.31%), Manganese: 0.62mg (31.04%), Potassium: 761.98mg (21.77%), Vitamin B5: 1.96mg (19.63%), Magnesium: 75.69mg (18.92%), Folate: 71.29µg (17.82%), Vitamin K: 16.71µg (15.92%), Iron: 2.56mg (14.23%), Vitamin B1: 0.21mg (14.19%), Fiber: 3.35g (13.41%), Copper: 0.26mg (13.06%), Vitamin C: 9.78mg (11.86%), Vitamin E: 1.63mg (10.84%), Vitamin B2: 0.17mg (9.95%), Zinc: 1.27mg (8.47%), Calcium: 66.99mg (6.7%), Vitamin A: 240.07IU (4.8%), Vitamin B12: 0.24µg (3.96%)