



## Coconut Curry Chicken Tacos

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup cream of coconut (not cream of coconut)
- 1 tablespoon curry paste red
- 1 lb chicken breast uncooked (not breaded)
- 1 medium mangos ripe peeled
- 1 jalapeno diced seeded
- 0.5 teaspoon curry paste red
- 1 apples i use 2 granny smith apples julienned
- 0.3 cup thai basil fresh

- 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- 0.5 cup roasted peanuts roughly chopped
- 1 lime cut into wedges

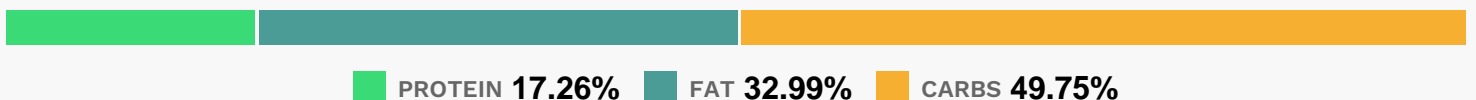
## Equipment

- food processor
- bowl
- blender
- grill
- ziploc bags

## Directions

- Heat gas or charcoal grill. In 1-gallon resealable food-storage plastic bag, mix coconut milk and 1 tablespoon plus 2 teaspoons red curry paste until well blended. Reserve 1/4 cup mixture in separate container for brushing on chicken when grilling.
- Add chicken to bag; toss to coat. Refrigerate about 15 minutes.
- Meanwhile, in blender or food processor, place Mango Sauce ingredients. Cover; blend on high until smooth.
- Place in bowl until ready to serve.
- Place Thai Fresh Salsa ingredients in separate bowl.
- Drain chicken, keeping as much marinade as possible on meat.
- Place chicken on grill over medium heat. Cook chicken 5 to 8 minutes on each side until cooked through, brushing with reserved coconut milk mixture halfway through cooking.
- Heat tortillas on grill.
- Cut chicken into thin strips. Fill tortillas with chicken, salsa, sauce and peanuts.
- Serve with lime wedges.

## Nutrition Facts



## Properties

Glycemic Index:31.47, Glycemic Load:7.39, Inflammation Score:-6, Nutrition Score:13.540000044781%

## Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

## Nutrients (% of daily need)

Calories: 399.66kcal (19.98%), Fat: 14.76g (22.7%), Saturated Fat: 7.51g (46.94%), Carbohydrates: 50.08g (16.69%), Net Carbohydrates: 45.68g (16.61%), Sugar: 32.03g (35.59%), Cholesterol: 36.29mg (12.1%), Sodium: 338.43mg (14.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.38g (34.76%), Vitamin B3: 8.8mg (44%), Selenium: 25.51µg (36.44%), Vitamin B6: 0.52mg (25.87%), Phosphorus: 222.75mg (22.27%), Manganese: 0.4mg (20.11%), Vitamin C: 15.98mg (19.37%), Fiber: 4.4g (17.59%), Vitamin B1: 0.23mg (15.06%), Vitamin A: 716.41IU (14.33%), Folate: 54.54µg (13.64%), Potassium: 399.83mg (11.42%), Vitamin B5: 1.07mg (10.73%), Magnesium: 41.43mg (10.36%), Vitamin B2: 0.17mg (9.74%), Iron: 1.68mg (9.31%), Copper: 0.15mg (7.49%), Vitamin K: 7.28µg (6.93%), Calcium: 65.96mg (6.6%), Zinc: 0.72mg (4.77%), Vitamin E: 0.47mg (3.12%), Vitamin B12: 0.11µg (1.89%)