




 **46%**
HEALTH SCORE

Confetti Chicken Big Bowl


 Dairy Free

READY IN




45 min.

SERVINGS



4

CALORIES



707 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

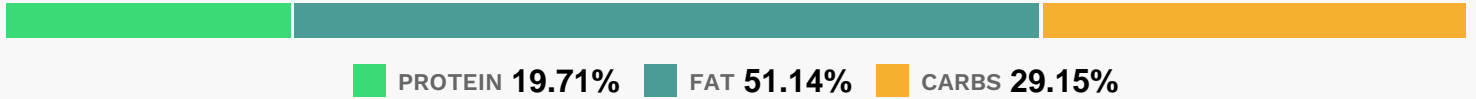
Ingredients

- 2 cups broccoli florets (i do not use)
- 2 carrots
- 2 tablespoons cooking oil
- 0.5 cup corn kernels frozen
- 1 bunch basil fresh
- 1 bunch basil fresh
- 0.3 cup cilantro leaves fresh
- 8 garlic clove minced

- 4 teaspoons ginger minced
- 1 teaspoon ground cumin
- 4 tablespoons juice of lime
- 1 tablespoon soy sauce low sodium
- 6 ounce japanese ramen noodles with flavor packets
- 1 medium bell pepper sweet red cut into bite-sized strips
- 1 medium bell pepper sweet red cut into bite-sized strips
- 1 tablespoon curry paste red
- 1 lb chicken breast boneless skinless
- 2 cups snow peas halved
- 14 ounce coconut milk unsweetened reduced-fat canned
- 5 cups water

Equipment

Nutrition Facts



Properties

Glycemic Index:102.96, Glycemic Load:15.17, Inflammation Score:-10, Nutrition Score:44.379130434783%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 706.52kcal (35.33%), Fat: 41.45g (63.77%), Saturated Fat: 25.61g (160.06%), Carbohydrates: 53.17g (17.72%), Net Carbohydrates: 44.49g (16.18%), Sugar: 12.24g (13.6%), Cholesterol: 72.57mg (24.19%), Sodium: 1256.69mg (54.64%), Protein: 35.94g (71.89%), Vitamin C: 160.45mg (194.48%), Vitamin A: 8728.71IU (174.57%), Vitamin K: 94.3µg (89.81%), Manganese: 1.68mg (84.07%), Vitamin B3: 16.19mg (80.94%), Selenium: 49.34µg

(70.48%), Vitamin B6: 1.4mg (70%), Phosphorus: 503.51mg (50.35%), Vitamin B1: 0.72mg (48.32%), Folate: 165.72µg (41.43%), Potassium: 1340.31mg (38.29%), Iron: 6.27mg (34.82%), Fiber: 8.68g (34.71%), Magnesium: 124.77mg (31.19%), Vitamin B5: 2.97mg (29.75%), Copper: 0.56mg (27.93%), Vitamin E: 4.08mg (27.19%), Vitamin B2: 0.43mg (25.2%), Zinc: 2.5mg (16.69%), Calcium: 132.41mg (13.24%), Vitamin B12: 0.33µg (5.55%)