



Curried Chicken Sauté

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



23 min.

SERVINGS



4

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce bell pepper mixed
- 0.5 teaspoon pepper black
- 1.5 teaspoons curry powder divided
- 1 cup lite coconut milk light
- 1 lime
- 0.8 teaspoon salt divided
- 1 pound chicken breast boneless skinless


Equipment

frying pan

Directions

- Heat a nonstick skillet over medium-high heat.
- Sprinkle 1 teaspoon curry powder, 1/2 teaspoon salt, and 1/2 teaspoon black pepper over chicken. Coat pan with cooking spray.
- Add chicken to pan; cook 5 minutes on each side or until done.
- Remove chicken from pan; keep warm.
- Add bell peppers and remaining 1/2 teaspoon curry powder to pan; saut 1 minute.
- Add coconut milk, and bring to a boil; reduce heat, and simmer 4 minutes or until mixture is slightly thickened.
- Cut lime in half. Squeeze 1 tablespoon juice from 1 lime half; slice other half into 4 wedges. Stir juice and 1/4 teaspoon salt into bell pepper mixture.
- Cut chicken across grain into thin slices.
- Serve chicken with bell pepper mixture and lime wedges.

Nutrition Facts

 **PROTEIN 52.79%**  **FAT 31.43%**  **CARBS 15.78%**

Properties

Glycemic Index:25.25, Glycemic Load:1.17, Inflammation Score:-9, Nutrition Score:19.265652076058%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 193.77kcal (9.69%), Fat: 6.58g (10.13%), Saturated Fat: 4.03g (25.19%), Carbohydrates: 7.44g (2.48%), Net Carbohydrates: 5.47g (1.99%), Sugar: 2.69g (2.99%), Cholesterol: 72.57mg (24.19%), Sodium: 612.28mg (26.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.87g (49.75%), Vitamin C: 78.9mg (95.63%), Vitamin B3: 12.44mg (62.22%), Selenium: 36.55µg (52.22%), Vitamin B6: 1.03mg (51.55%), Vitamin A: 1826.4IU (36.53%), Phosphorus: 258.91mg (25.89%), Vitamin B5: 1.84mg (18.36%), Potassium: 571.28mg (16.32%), Magnesium:

39.64mg (9.91%), Vitamin B2: 0.17mg (9.85%), Vitamin E: 1.32mg (8.77%), Folate: 33.15µg (8.29%), Fiber: 1.97g (7.89%), Vitamin B1: 0.11mg (7.36%), Manganese: 0.15mg (7.35%), Zinc: 0.85mg (5.68%), Iron: 1.01mg (5.63%), Vitamin K: 4.26µg (4.06%), Vitamin B12: 0.23µg (3.78%), Copper: 0.06mg (3.05%), Calcium: 20.13mg (2.01%)