



Curried Chicken with Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup julienne-cut carrot
- ☐ 1 cup couscous uncooked
- ☐ 1 tablespoon curry powder
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 14 ounce coconut milk light divided canned
- ☐ 0.3 cup raisins
- ☐ 1 teaspoon salt divided

- ☐ 1 pound skinned cut into 1/2-inch strips
- ☐ 2 teaspoons vegetable oil
- ☐ 1 cup water

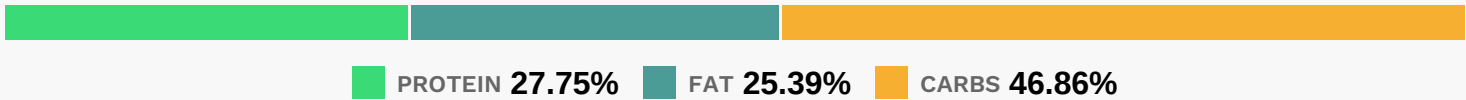
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine the water, 3/4 cup coconut milk, and 1/2 teaspoon salt in a medium saucepan. Bring to a boil; gradually stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- ☐ Combine 1/2 teaspoon salt, flour, and curry powder.
- ☐ Add the chicken, and toss gently to coat.
- ☐ Heat the oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken, and stir-fry for 5 minutes. Stir in the remaining coconut milk, carrot, and raisins; reduce heat, and simmer for 7 minutes or until the chicken is done, stirring occasionally.
- ☐ Serve over couscous.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:70.66, Glycemic Load:27.53, Inflammation Score:-10, Nutrition Score:21.817391478497%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 455.28kcal (22.76%), Fat: 12.44g (19.15%), Saturated Fat: 7.71g (48.21%), Carbohydrates: 51.68g (17.23%), Net Carbohydrates: 47.22g (17.17%), Sugar: 1.57g (1.75%), Cholesterol: 72.57mg (24.19%), Sodium: 829.62mg (36.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.6g (61.2%), Vitamin A: 5462.21IU (109.24%), Vitamin B3: 13.96mg (69.8%), Selenium: 37.29µg (53.28%), Vitamin B6: 0.98mg (49.17%), Phosphorus: 339.66mg (33.97%), Manganese: 0.52mg (25.76%), Vitamin B5: 2.26mg (22.6%), Potassium: 723.94mg (20.68%), Fiber: 4.46g (17.83%), Magnesium: 61.07mg (15.27%), Vitamin B1: 0.2mg (13.13%), Vitamin K: 13.19µg (12.56%), Vitamin B2: 0.2mg (11.93%), Copper: 0.22mg (10.77%), Iron: 1.85mg (10.28%), Zinc: 1.2mg (8.01%), Folate: 25.99µg (6.5%), Vitamin E: 0.97mg (6.44%), Vitamin C: 4.34mg (5.26%), Calcium: 40.25mg (4.02%), Vitamin B12: 0.23µg (3.78%)