



 **18%**
HEALTH SCORE

Curried Coconut Chicken

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



6

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce coconut milk canned
- 8 ounce tomato sauce canned
- 14.5 ounce canned tomatoes diced canned
- 2 tablespoons curry powder
- 2 cloves garlic crushed
- 0.5 onion thinly sliced
- 1 teaspoon salt and pepper to taste
- 2 pounds chicken breast boneless skinless cut into 1/2-inch chunks

- 3 tablespoons sugar
- 1.5 tablespoons vegetable oil

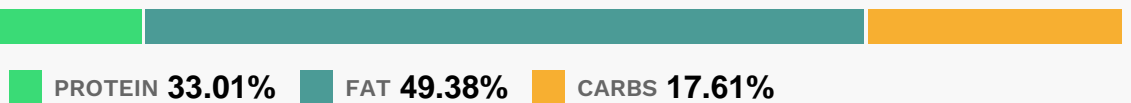
Equipment

- frying pan

Directions

- Season chicken pieces with salt and pepper.
- Heat oil and curry powder in a large skillet over medium-high heat for two minutes. Stir in onions and garlic, and cook 1 minute more.
- Add chicken, tossing lightly to coat with curry oil. Reduce heat to medium, and cook for 7 to 10 minutes, or until chicken is no longer pink in center and juices run clear.
- Pour coconut milk, tomatoes, tomato sauce, and sugar into the pan, and stir to combine. Cover and simmer, stirring occasionally, approximately 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:35.85, Glycemic Load:6.55, Inflammation Score:-6, Nutrition Score:24.660869401434%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 420.32kcal (21.02%), Fat: 23.67g (36.42%), Saturated Fat: 15.43g (96.41%), Carbohydrates: 18.99g (6.33%), Net Carbohydrates: 14.83g (5.39%), Sugar: 13.01g (14.46%), Cholesterol: 96.77mg (32.26%), Sodium: 844.13mg (36.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.61g (71.22%), Vitamin B3: 17.57mg (87.86%), Selenium: 53.69µg (76.7%), Vitamin B6: 1.34mg (67.03%), Manganese: 0.91mg (45.5%), Phosphorus: 426.96mg (42.7%), Potassium: 1094.86mg (31.28%), Vitamin B5: 2.6mg (26%), Magnesium: 89.42mg (22.35%), Copper: 0.41mg (20.46%), Iron: 3.53mg (19.63%), Vitamin C: 13.83mg (16.77%), Vitamin E: 2.51mg (16.72%), Fiber: 4.16g (16.66%), Vitamin B2: 0.22mg (13.04%), Vitamin K: 13.36µg (12.72%), Vitamin B1: 0.19mg (12.38%), Zinc: 1.7mg (11.32%), Folate: 33.79µg (8.45%), Vitamin A: 376.32IU (7.53%), Calcium: 60.51mg (6.05%), Vitamin B12: 0.3µg

(5.04%), Vitamin D: 0.15µg (1.01%)