



Curried Coconut Chicken Over Noodles

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

2

CALORIES

calories

781 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.5 cups angel hair chinese uncooked
- ☐ 2 teaspoons curry powder
- ☐ 2 cups basil leaves fresh
- ☐ 1 garlic clove crushed
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.8 cup coconut milk light
- ☐ 1 cup onion thinly sliced
- ☐ 0.5 teaspoon salt

- ☐ 0.5 pound skinned cut into 1-inch pieces
- ☐ 2 teaspoons vegetable oil divided

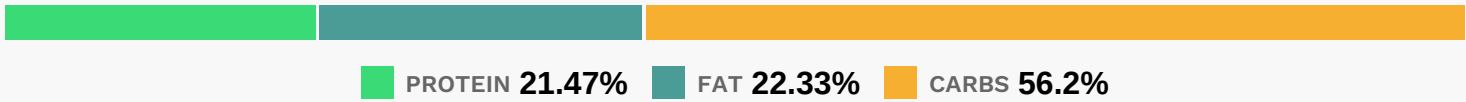
Equipment

- ☐ frying pan

Directions

- ☐ Prepare the egg noodles according to the package directions, omitting salt; drain noodles, and keep warm.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat until hot.
- ☐ Add onion; stir-fry 1 minute.
- ☐ Add basil, and stir-fry 2 minutes.
- ☐ Remove from pan, and keep warm.
- ☐ Heat 1 teaspoon oil in skillet over medium-high heat.
- ☐ Add garlic; stir-fry 30 seconds.
- ☐ Add curry powder, salt, and red pepper; stir-fry 10 seconds.
- ☐ Add chicken, and stir-fry 3 minutes. Stir in milk; reduce heat to medium, and cook 2 minutes or until chicken is done. Stir in basil mixture, and toss well.
- ☐ Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:82, Glycemic Load:2, Inflammation Score:-8, Nutrition Score:24.143478186234%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 16.27mg, Quercetin: 16.27mg, Quercetin: 16.27mg, Quercetin: 16.27mg

Nutrients (% of daily need)

Calories: 780.95kcal (39.05%), Fat: 18.89g (29.05%), Saturated Fat: 9.38g (58.6%), Carbohydrates: 106.97g (35.66%), Net Carbohydrates: 98.58g (35.85%), Sugar: 6.5g (7.23%), Cholesterol: 72.57mg (24.19%), Sodium: 1283.65mg (55.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.86g (81.72%), Vitamin K: 110.54µg (105.28%), Vitamin B3: 12.23mg (61.14%), Selenium: 37.33µg (53.32%), Vitamin B6: 1.03mg (51.36%), Iron: 7.9mg (43.87%), Fiber: 8.39g (33.55%), Phosphorus: 284.42mg (28.44%), Vitamin A: 1373.49IU (27.47%), Manganese: 0.51mg (25.53%), Potassium: 646.69mg (18.48%), Vitamin B5: 1.77mg (17.73%), Vitamin C: 12.39mg (15.02%), Magnesium: 58.5mg (14.63%), Folate: 39.31µg (9.83%), Vitamin B2: 0.16mg (9.51%), Copper: 0.18mg (8.8%), Vitamin E: 1.27mg (8.47%), Vitamin B1: 0.13mg (8.4%), Calcium: 79.37mg (7.94%), Zinc: 1.09mg (7.27%), Vitamin B12: 0.23µg (3.78%)