



Curried-Coconut Chicken Rendang



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



45

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 3 pounds chicken thighs
- ☐ 5 asian chiles dried stemmed
- ☐ 3 tablespoons madras curry powder
- ☐ 1.5 inch ginger fresh peeled
- ☐ 5 garlic cloves
- ☐ 2 lemongrass stalks cut into 4-inch pieces
- ☐ 1 tablespoon brown sugar light

- ☐ 2 tablespoons juice of lime fresh
- ☐ 3 macadamia nuts
- ☐ 2 teaspoons pepper freshly ground
- ☐ 1 small onion red quartered
- ☐ 45 servings salt
- ☐ 8 small shallots
- ☐ 1 can coconut milk unsweetened
- ☐ 1.5 tablespoons coconut or shredded unsweetened toasted

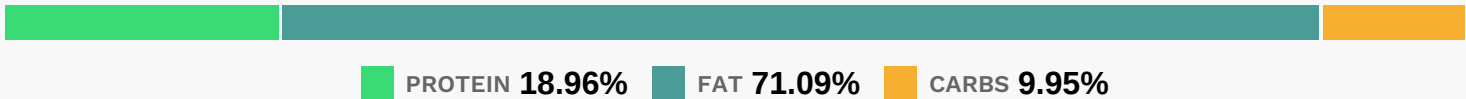
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a bowl, combine the curry powder, pepper, lemongrass, lime juice and 2 tablespoons of the oil. Season with salt.
- ☐ Add the chicken, turn to coat and refrigerate for 4 hours.
- ☐ In a food processor, puree the shallots, onion, garlic, ginger, nuts and chiles.
- ☐ In a deep skillet, heat the remaining 1/3 cup of oil. Fry the chile paste over moderately high heat, stirring, until lightly browned, about 5 minutes.
- ☐ Add the chicken with its marinade and cook over moderate heat until the chicken is browned and nearly cooked through, about 20 minutes.
- ☐ Add the coconut milk, sugar and toasted coconut and simmer over moderate heat, stirring, until the chicken is tender and the sauce is very thick, about 25 minutes. Spoon off as much oil as possible and discard the lemongrass. Season with salt and serve.

Nutrition Facts



Properties

Glycemic Index:4.31, Glycemic Load:0.45, Inflammation Score:-2, Nutrition Score:4.0221739158682%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 113.25kcal (5.66%), Fat: 9.1g (14%), Saturated Fat: 3.52g (21.99%), Carbohydrates: 2.87g (0.96%), Net Carbohydrates: 2.2g (0.8%), Sugar: 1.33g (1.47%), Cholesterol: 29.63mg (9.88%), Sodium: 220mg (9.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.92%), Vitamin C: 8.34mg (10.11%), Selenium: 6.47µg (9.25%), Manganese: 0.17mg (8.42%), Vitamin B6: 0.16mg (8.05%), Vitamin B3: 1.57mg (7.86%), Phosphorus: 65.29mg (6.53%), Potassium: 133.92mg (3.83%), Vitamin B5: 0.36mg (3.57%), Iron: 0.63mg (3.47%), Zinc: 0.51mg (3.38%), Magnesium: 13.24mg (3.31%), Vitamin E: 0.5mg (3.31%), Vitamin B12: 0.19µg (3.23%), Copper: 0.06mg (2.99%), Vitamin K: 3.13µg (2.98%), Vitamin B2: 0.05mg (2.84%), Fiber: 0.67g (2.68%), Vitamin B1: 0.04mg (2.34%), Folate: 6.39µg (1.6%), Vitamin A: 76.22IU (1.52%), Calcium: 10.4mg (1.04%)