



 **50%**
HEALTH SCORE

Curried Peanut Chicken

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

READY IN



25 min.

SERVINGS



4

CALORIES



980 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup coconut flakes flaked toasted
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- 4 servings rice hot cooked
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- 2 tablespoons curry powder
- 0.3 cup currants dried
- 0.3 cup currants dried

- 1.5 cups orange juice
- 0.8 cup peanut butter
- 2 medium bell pepper sweet red cut in half
- 24 ounces chicken breast halves boneless skinless

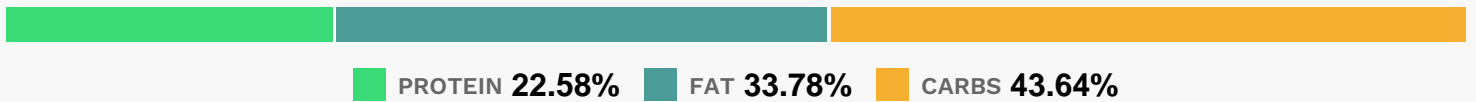
Equipment

- bowl
- grill
- kitchen thermometer
- ziploc bags

Directions

- In a small bowl, combine the orange juice, peanut butter and curry powder.
- Pour 2/3 cup marinade into a large resealable plastic bag; add chicken. Seal bag and turn to coat; refrigerate for 8 hours or overnight. Cover and refrigerate remaining marinade.
- Drain chicken and discard marinade. Grill chicken and peppers, covered, over medium heat for 5–8 minutes on each side or until a thermometer reads 165° and peppers are tender.
- Warm the reserved marinade.
- Cut chicken and peppers into 1/2-in. strips; sprinkle with coconut and currants.
- Serve with rice and reserved marinade.

Nutrition Facts



Properties

Glycemic Index:120, Glycemic Load:81.91, Inflammation Score:-10, Nutrition Score:43.86869564782%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.01mg,

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 980.2kcal (49.01%), Fat: 37.46g (57.64%), Saturated Fat: 12.25g (76.58%), Carbohydrates: 108.93g (36.31%), Net Carbohydrates: 100.7g (36.62%), Sugar: 27.59g (30.65%), Cholesterol: 108.86mg (36.29%), Sodium: 423.75mg (18.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.34g (112.68%), Vitamin C: 126.05mg (152.79%), Vitamin B3: 26.54mg (132.69%), Manganese: 2.44mg (121.89%), Selenium: 76.95µg (109.92%), Vitamin B6: 2.04mg (101.96%), Phosphorus: 704.56mg (70.46%), Magnesium: 195.45mg (48.86%), Potassium: 1540.53mg (44.02%), Vitamin E: 6.53mg (43.52%), Vitamin B5: 4.32mg (43.19%), Vitamin A: 2142.69IU (42.85%), Fiber: 8.23g (32.9%), Copper: 0.63mg (31.32%), Folate: 118.16µg (29.54%), Zinc: 3.97mg (26.49%), Vitamin B1: 0.38mg (25.44%), Vitamin B2: 0.42mg (24.49%), Iron: 3.96mg (22.01%), Calcium: 103.25mg (10.32%), Vitamin K: 7.11µg (6.77%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)