



Curry-Braised Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



75 min.

SERVINGS



4

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings rice
- 1 Tbsp brown sugar
- 1 Tbsp brown sugar
- 2 Tbsp fish sauce
- 2 Tbsp juice of lime fresh for serving
- 4 servings bell pepper
- 4 servings bell pepper
- 4 servings salt

- 2 large chicken breast boneless skinless
- 14 oz coconut milk unsweetened canned
- 2 Tbsp vegetable oil
- 2 Tbsp curry paste green red yellow (, , or)

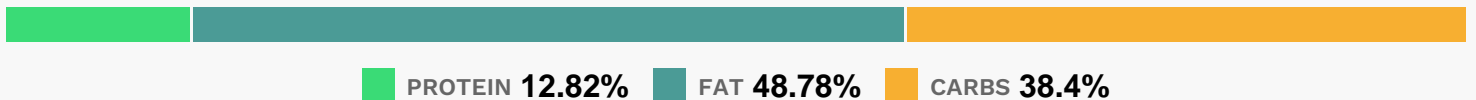
Equipment

- oven
- wooden spoon
- dutch oven

Directions

- Preheat your oven to 325 degrees Fahrenheit.
- Cut the chicken breasts in half.
- Heat oil over medium-high in a Dutch oven. Dust chicken with salt and pepper, then brown 1-2 minutes per side in the oil, working in batches. Set chicken aside.
- Add curry paste to the Dutch oven, then use a wooden spoon to break up large pieces and work the paste into the hot oil. Once combined, add the coconut milk and use the wooden spoon to release any browned pieces of chicken stuck to the pot. Stir in the fish sauce and sugar. Cover the Dutch oven and place in the oven.
- Bake for 45-55 minutes, or until chicken is cooked through and no longer pink. Stir in the lime juice and serve with cooked rice.

Nutrition Facts



Properties

Glycemic Index:31.3, Glycemic Load:24.01, Inflammation Score:-10, Nutrition Score:30.281739130435%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.03mg,

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Taste

Sweetness: 100%, Saltiness: 51.54%, Sourness: 29.71%, Bitterness: 10.97%, Savoriness: 45.51%, Fattiness: 67.11%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 595.83kcal (29.79%), Fat: 33.18g (51.05%), Saturated Fat: 22.7g (141.86%), Carbohydrates: 58.77g (19.59%), Net Carbohydrates: 52.55g (19.11%), Sugar: 16.43g (18.26%), Cholesterol: 36.16mg (12.05%), Sodium: 990.94mg (43.08%), Protein: 19.63g (39.26%), Vitamin C: 197.1mg (238.91%), Vitamin A: 5868.22IU (117.36%), Manganese: 1.61mg (80.57%), Vitamin B6: 1.01mg (50.3%), Selenium: 32.23µg (46.04%), Vitamin B3: 9.07mg (45.33%), Phosphorus: 311.43mg (31.14%), Potassium: 880.01mg (25.14%), Fiber: 6.22g (24.87%), Magnesium: 97.68mg (24.42%), Folate: 95.76µg (23.94%), Vitamin E: 3.23mg (21.56%), Copper: 0.42mg (20.76%), Vitamin B5: 1.95mg (19.53%), Vitamin K: 20.11µg (19.15%), Iron: 3.16mg (17.57%), Zinc: 1.89mg (12.62%), Vitamin B2: 0.21mg (12.47%), Vitamin B1: 0.18mg (11.84%), Calcium: 62.53mg (6.25%), Vitamin B12: 0.16µg (2.6%)