



Curry-Coconut Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces cauliflower florets
- ☐ 1 curry powder
- ☐ 4 servings rice cooked
- ☐ 0.5 cup basil fresh thinly sliced
- ☐ 8 ounces green beans cut into 1 1/2-inch lengths
- ☐ 2.5 tablespoons olive oil
- ☐ 1 bunch spring onion green cut into 1 1/2-inch lengths (parts only)
- ☐ 1 pound chicken breast boneless skinless thinly sliced

- ☐ 3 cups tomatoes diced
- ☐ 0.3 cup water

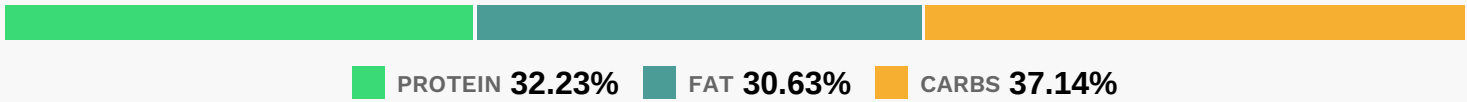
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat a wok or large skillet over high heat.
- ☐ Add 2 tablespoons of the oil and heat for 30 seconds.
- ☐ Add the chicken and stir-fry until cooked through, 3 to 4 minutes.
- ☐ Transfer to a plate. Wipe out the pan. Reduce heat to medium-high, add the remaining oil, and heat for 30 seconds.
- ☐ Add the tomatoes and cook, stirring constantly, for 30 seconds.
- ☐ Add the green beans and water. Cover partially and cook for 1 minute.
- ☐ Add the cauliflower, cover partially, and cook, stirring occasionally, for 8 minutes.
- ☐ Add the scallions and Curry-Coconut Sauce. When it starts to bubble, add the chicken and basil. Stir-fry until warmed through, about 1 minute.
- ☐ Serve immediately over the rice. Tip: Try using tofu in place of the chicken. And sugar snaps and sweet potatoes make great substitutions for the cauliflower and green beans.

Nutrition Facts



Properties

Glycemic Index:83, Glycemic Load:26.82, Inflammation Score:-9, Nutrition Score:27.444348003553%

Flavonoids

Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

3.14mg

Nutrients (% of daily need)

Calories: 364.61kcal (18.23%), Fat: 12.48g (19.2%), Saturated Fat: 2.05g (12.83%), Carbohydrates: 34.04g (11.35%), Net Carbohydrates: 29.43g (10.7%), Sugar: 6.07g (6.74%), Cholesterol: 72.57mg (24.19%), Sodium: 160.46mg (6.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.55g (59.09%), Vitamin K: 72.61µg (69.15%), Vitamin B3: 13.58mg (67.89%), Vitamin C: 52.61mg (63.77%), Selenium: 42.98µg (61.4%), Vitamin B6: 1.21mg (60.38%), Manganese: 0.78mg (39.12%), Phosphorus: 350.19mg (35.02%), Vitamin A: 1576.66IU (31.53%), Potassium: 1030.59mg (29.45%), Vitamin B5: 2.54mg (25.4%), Folate: 80.96µg (20.24%), Magnesium: 77.84mg (19.46%), Fiber: 4.61g (18.44%), Vitamin E: 2.5mg (16.67%), Vitamin B2: 0.25mg (14.45%), Vitamin B1: 0.21mg (13.97%), Copper: 0.23mg (11.66%), Iron: 2.01mg (11.16%), Zinc: 1.58mg (10.56%), Calcium: 69.55mg (6.96%), Vitamin B12: 0.23µg (3.78%)