



Curry Coconut Chicken with Chutney

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs
- 0.5 cup panko bread crumbs plain crispy
- 0.5 cup coconut or shredded
- 2 teaspoons curry powder
- 14 oz chicken tenderloins uncooked (not breaded)
- 0.5 cup mango chutney

Equipment

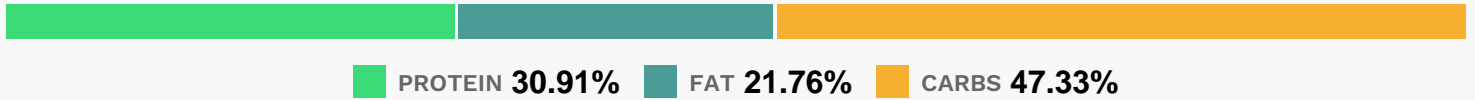
- bowl

- baking sheet
- oven
- ziploc bags

Directions

- Heat oven to 400°F. Spray large cookie sheet with cooking spray.
- In shallow bowl, beat egg. In large resealable food-storage plastic bag, place bread crumbs, coconut and curry. Dip chicken into egg.
- Place in bread crumb bag; seal and shake to coat.
- Place chicken on cookie sheet.
- Bake 15 to 20 minutes, turning once, until chicken is no longer pink in center and coating is golden brown.
- Serve with chutney.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:15.92, Inflammation Score:-3, Nutrition Score:13.842608757641%

Nutrients (% of daily need)

Calories: 315.27kcal (15.76%), Fat: 7.53g (11.59%), Saturated Fat: 3.99g (24.96%), Carbohydrates: 36.86g (12.29%), Net Carbohydrates: 34.82g (12.66%), Sugar: 21.77g (24.19%), Cholesterol: 104.42mg (34.81%), Sodium: 201.74mg (8.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.07g (48.14%), Selenium: 39.05µg (55.78%), Vitamin B3: 10.96mg (54.79%), Vitamin B6: 0.8mg (39.82%), Phosphorus: 265.39mg (26.54%), Vitamin B5: 1.66mg (16.62%), Manganese: 0.3mg (14.84%), Potassium: 480.76mg (13.74%), Vitamin B2: 0.22mg (12.75%), Vitamin B1: 0.16mg (10.42%), Magnesium: 37.78mg (9.45%), Iron: 1.67mg (9.27%), Fiber: 2.04g (8.15%), Copper: 0.15mg (7.4%), Zinc: 1mg (6.68%), Vitamin C: 5.37mg (6.51%), Folate: 25.98µg (6.49%), Vitamin B12: 0.32µg (5.38%), Vitamin E: 0.6mg (4.03%), Calcium: 39.53mg (3.95%), Vitamin D: 0.32µg (2.13%), Vitamin A: 99.03IU (1.98%), Vitamin K: 1.74µg (1.66%)