



## Dinner Tonight: Sweet and Spicy Chicken Curry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



839 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup canola oil
- ☐ 2 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs whole split
- ☐ 2 garlic clove chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 stalk lemon grass fresh white hard thinly sliced
- ☐ 3 chilies dried red stemmed seeded
- ☐ 4 to 5 chilies fresh red stemmed seeded chopped

- ☐ 2 servings salt and pepper
- ☐ 4 small shallots thinly sliced chopped
- ☐ 7 ounce coconut milk unsweetened canned
- ☐ 0.5 tablespoon water

## Equipment



- ☐ food processor
- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ Toss the fresh chiles, dried chiles, lemongrass, garlic, the chopped shallots, and the water into a food processor and blend until it is a paste.
- ☐ Pour 1 1/2 tablespoons of the oil into a large skillet over medium-high heat.
- ☐ Sprinkle the chicken pieces with salt and pepper and then place in the skillet. Cook for 10 minutes, flipping halfway through, until they get nicely browned on both sides. Turn heat to medium and remove the chicken pieces.
- ☐ Dump the paste into the skillet. Cook for 7 minutes, stirring occasionally, until all the water has evaporated.
- ☐ Pour in the coconut milk, stir well, and then return the chicken to the skillet. Cover the skillet, turn heat to medium-low, and cook until the chicken is cooked and the sauce has thickened, about 25 minutes.
- ☐ Pour the rest of the oil into a small skillet. Turn the heat to medium and add the sliced shallots. Cook, stirring occasionally, until the shallots are golden brown. This should take about 10 minutes.
- ☐ Remove the shallots and drain on some paper towels.
- ☐ Remove the chicken from the skillet. Divide the chicken between a few plates.
- ☐ Add the lemon to the sauce, stir well, and then spoon the sauce over the chicken pieces and sprinkle with the fried shallots. Season with salt and pepper to taste.

## Nutrition Facts



 PROTEIN **12.35%**  FAT **75.64%**  CARBS **12.01%**

Properties

Glycemic Index:52.5, Glycemic Load:5.28, Inflammation Score:-9, Nutrition Score:30.490000035452%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg 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: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 839.38kcal (41.97%), Fat: 72.72g (111.88%), Saturated Fat: 28.69g (179.3%), Carbohydrates: 25.98g (8.66%), Net Carbohydrates: 20.54g (7.47%), Sugar: 12.55g (13.94%), Cholesterol: 119.8mg (39.93%), Sodium: 332.89mg (14.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.73g (53.45%), Vitamin C: 140.63mg (170.47%), Manganese: 1.69mg (84.67%), Vitamin B6: 1.12mg (56.15%), Selenium: 30.9µg (44.15%), Vitamin B3: 8.25mg (41.23%), Vitamin E: 6.01mg (40.07%), Phosphorus: 381.55mg (38.16%), Vitamin K: 36.89µg (35.13%), Potassium: 1067.31mg (30.49%), Iron: 4.76mg (26.44%), Copper: 0.53mg (26.31%), Magnesium: 98.79mg (24.7%), Vitamin A: 1177.14IU (23.54%), Fiber: 5.43g (21.73%), Zinc: 3.21mg (21.38%), Vitamin B5: 1.83mg (18.27%), Vitamin B2: 0.29mg (17.21%), Folate: 66.33µg (16.58%), Vitamin B1: 0.23mg (15.19%), Vitamin B12: 0.72µg (12.02%), Calcium: 69.89mg (6.99%)