



 **32%**
HEALTH SCORE

Easy Chicken Curry with Vegetables

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

READY IN



45 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups broccoli florets
- 14 ounce canned tomatoes diced canned
- 1.5 cups carrots chopped
- 2 chicken breast cut into cubes
- 0.3 cup chicken stock see
- 1.3 cups coconut milk
- 1 teaspoon basil dried
- 3 cloves garlic minced

- 4 servings lime wedges for squeezing
- 1 of lime zest
- 4 servings pepper black freshly ground
- 3 tablespoons curry paste red
- 2 tablespoons vegetable oil
- 1 onion yellow with the grain sliced

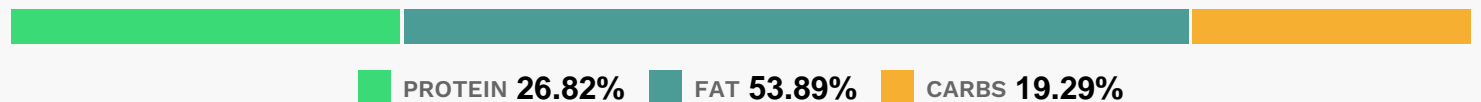
Equipment

- frying pan

Directions

- Watch how to make this recipe.
- Cook 1 tablespoon of the oil, the curry paste and onions in a large saute pan over medium heat, stirring often and letting sizzle, 5 to 6 minutes. Pat the chicken dry, sprinkle with salt and pepper and add the remaining oil to the pan. Cook the chicken in the onion-curry mixture until golden on all sides.
- Add the broccoli, carrots, basil, garlic and lime zest and cook, stirring, until the vegetables are coated, about 2 minutes.
- Add the coconut milk, chicken stock and tomatoes and bring to a simmer.
- Let the chicken simmer until cooked through and the sauce begins to thicken, about 20 minutes. Squeeze with lime juice before serving.

Nutrition Facts



Properties

Glycemic Index:91.71, Glycemic Load:6.74, Inflammation Score:-10, Nutrition Score:32.311304237532%

Flavonoids

Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg

Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg

Nutrients (% of daily need)

Calories: 425kcal (21.25%), Fat: 26.37g (40.56%), Saturated Fat: 15.55g (97.17%), Carbohydrates: 21.24g (7.08%), Net Carbohydrates: 16.04g (5.83%), Sugar: 9.47g (10.52%), Cholesterol: 72.77mg (24.26%), Sodium: 338.99mg (14.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.52g (59.04%), Vitamin A: 10254.82IU (205.1%), Vitamin B3: 14.44mg (72.19%), Vitamin B6: 1.22mg (60.76%), Vitamin K: 63.77µg (60.73%), Vitamin C: 48.54mg (58.84%), Selenium: 38.46µg (54.94%), Manganese: 0.99mg (49.58%), Phosphorus: 392.71mg (39.27%), Potassium: 1199.74mg (34.28%), Iron: 5.09mg (28.3%), Magnesium: 100.57mg (25.14%), Vitamin B5: 2.37mg (23.74%), Copper: 0.44mg (22.04%), Fiber: 5.2g (20.81%), Vitamin E: 2.64mg (17.58%), Folate: 64.86µg (16.21%), Vitamin B1: 0.24mg (16.08%), Vitamin B2: 0.26mg (15.2%), Calcium: 117.03mg (11.7%), Zinc: 1.69mg (11.25%), Vitamin B12: 0.23µg (3.77%)