



## Easy Raspberry Chicken with Coconut Rice

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup rice
- ☐ 14 ounce coconut milk reduced-fat canned
- ☐ 24 ounce chicken breast half boneless skinless cut into bite-size pieces
- ☐ 2 teaspoons rosemary dried
- ☐ 0.3 cup flour all-purpose
- ☐ 2 teaspoons ginger root fresh minced
- ☐ 1 tablespoon lemon pepper
- ☐ 0.5 cup raspberry vinegar

- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups water

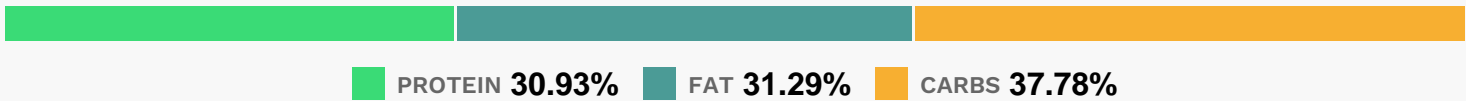
## Equipment

- ☐ frying pan
- ☐ pot
- ☐ ziploc bags

## Directions

- ☐ In a large pot, bring to a boil the water, coconut milk, ginger, and rice; cover, and simmer, stirring occasionally, until all liquid is absorbed.
- ☐ Meanwhile, in a resealable plastic bag, combine the flour, lemon pepper, and chicken; shake to coat.
- ☐ Heat oil in a large skillet over medium heat. Fry chicken strips and rosemary, turning occasionally, until golden brown.
- ☐ Remove chicken pieces from pan, and set aside.
- ☐ Pour raspberry vinegar into skillet, and simmer until reduced by half. Return chicken to skillet, and cook until all liquid is absorbed.
- ☐ Serve with coconut rice.

## Nutrition Facts



## Properties

Glycemic Index:73.3, Glycemic Load:28.34, Inflammation Score:-4, Nutrition Score:22.500000046647%

## Nutrients (% of daily need)

Calories: 554.44kcal (27.72%), Fat: 18.29g (28.13%), Saturated Fat: 8.74g (54.6%), Carbohydrates: 49.68g (16.56%), Net Carbohydrates: 48.37g (17.59%), Sugar: 0.23g (0.26%), Cholesterol: 108.86mg (36.29%), Sodium: 290.38mg (12.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.66g (81.32%), Vitamin B3: 19.12mg (95.61%), Selenium: 65.06µg (92.94%), Vitamin B6: 1.36mg (68.06%), Manganese: 0.87mg (43.43%), Phosphorus: 426.78mg (42.68%), Vitamin B5: 2.96mg (29.61%), Potassium: 740.06mg (21.14%), Magnesium: 63.86mg (15.97%), Vitamin B1:

0.23mg (15.01%), Vitamin K: 15.38µg (14.65%), Vitamin B2: 0.25mg (14.56%), Zinc: 1.61mg (10.73%), Copper: 0.21mg (10.32%), Iron: 1.71mg (9.5%), Folate: 30.08µg (7.52%), Vitamin E: 0.95mg (6.36%), Vitamin B12: 0.34µg (5.67%), Fiber: 1.3g (5.21%), Calcium: 36.1mg (3.61%), Vitamin C: 2.12mg (2.57%), Vitamin A: 60.8IU (1.22%), Vitamin D: 0.17µg (1.13%)