



Ginataang Manok (Chicken Cooked in Coconut Milk)



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



6

CALORIES



777 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce coconut milk canned
- ☐ 3 tablespoons canola oil
- ☐ 0.5 cup ginger fresh sliced
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 5 pound meat from a rotisserie chicken whole cut into pieces

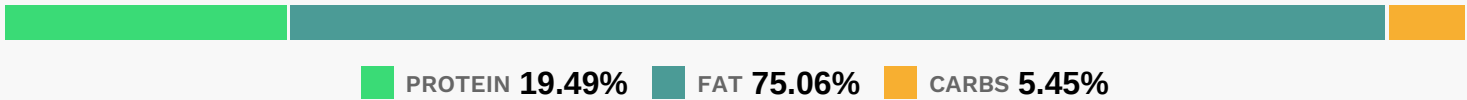
Equipment

☐ frying pan

Directions

- ☐ Heat the canola oil in a large skillet over medium heat and stir in the ginger slices. Cook and stir until fragrant and lightly browned.
- ☐ Remove ginger and set aside. Season chicken with salt and pepper.
- ☐ Place chicken in the same skillet over medium-high heat without crowding. Cook until chicken is lightly brown on all sides. Return the ginger to the skillet and add coconut milk. Bring to a boil, then cover the skillet with the lid tilted to allow steam to escape. Reduce heat to medium-low and simmer until the chicken is no longer pink at the bone, stirring occasionally, about 30 minutes.
- ☐ Stir in the spinach. Simmer uncovered until spinach is warmed through, 8 to 12 minutes. Season with salt and pepper, as necessary.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.2, Inflammation Score:-10, Nutrition Score:33.339565401492%

Nutrients (% of daily need)

Calories: 776.61kcal (38.83%), Fat: 66.14g (101.76%), Saturated Fat: 36.29g (226.79%), Carbohydrates: 10.8g (3.6%), Net Carbohydrates: 6.34g (2.3%), Sugar: 4.86g (5.4%), Cholesterol: 136.08mg (45.36%), Sodium: 182.87mg (7.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.65g (77.3%), Vitamin K: 183.78µg (175.03%), Vitamin A: 5795IU (115.9%), Manganese: 1.61mg (80.5%), Vitamin B3: 13.65mg (68.23%), Selenium: 37.23µg (53.18%), Phosphorus: 425.04mg (42.5%), Vitamin B6: 0.77mg (38.65%), Magnesium: 124.29mg (31.07%), Iron: 4.75mg (26.41%), Copper: 0.53mg (26.32%), Potassium: 888.87mg (25.4%), Folate: 101.46µg (25.37%), Zinc: 3.56mg (23.71%), Vitamin E: 3.36mg (22.4%), Vitamin B5: 1.96mg (19.55%), Vitamin B2: 0.33mg (19.2%), Fiber: 4.47g (17.86%), Vitamin B1: 0.19mg (12.65%), Vitamin C: 9.61mg (11.64%), Calcium: 103.8mg (10.38%), Vitamin B12: 0.56µg (9.37%), Vitamin D: 0.36µg (2.42%)