



Ginger-Lime Chicken with Coconut Rice



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



643 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 cups coconut milk
- ☐ 2 tablespoons ginger root fresh grated
- ☐ 1 tablespoon honey
- ☐ 1 cup jasmine rice
- ☐ 2 lime zest juiced
- ☐ 1 tablespoon sesame oil
- ☐ 1.5 pounds chicken breast halves boneless skinless cut into 1 inch cubes
- ☐ 0.3 cup coconut or sweetened flaked

☐ 0.5 teaspoon sugar white

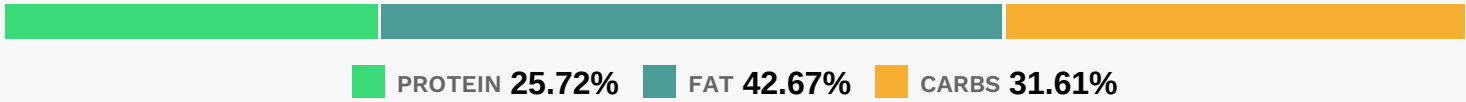
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ wok

Directions

- ☐ In a glass bowl, mix chicken breast cubes with lime juice, lime zest, and grated ginger.
- ☐ Let marinate for about 20 minutes.
- ☐ In a medium saucepan, combine the coconut milk and sugar over medium-high heat. Bring to a simmer. Stir in the jasmine rice, reduce heat to low, and cook tightly covered for about 20 minutes or until liquid is absorbed.
- ☐ Remove from the heat and fluff rice with a fork; cover, and keep warm.
- ☐ In a large skillet or wok, heat the sesame oil over medium-high heat.
- ☐ Add chicken and marinade. Stir fry until the chicken is nicely browned, about 3 minutes.
- ☐ Drizzle the honey onto the chicken and continue to stir-fry for another minute or so, being careful not to let the honey burn.
- ☐ Remove from the heat and sprinkle with coconut.
- ☐ Serve hot with the coconut rice on the side.

Nutrition Facts



Properties

Glycemic Index:81.89, Glycemic Load:28.46, Inflammation Score:-5, Nutrition Score:25.830869187479%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

0.13mg

Nutrients (% of daily need)

Calories: 643.41kcal (32.17%), Fat: 30.88g (47.51%), Saturated Fat: 21.66g (135.4%), Carbohydrates: 51.47g (17.16%), Net Carbohydrates: 49.32g (17.94%), Sugar: 7.45g (8.27%), Cholesterol: 108.86mg (36.29%), Sodium: 228.96mg (9.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.89g (83.77%), Vitamin B3: 19.25mg (96.24%), Selenium: 62.47µg (89.25%), Vitamin B6: 1.4mg (70.02%), Manganese: 1.35mg (67.7%), Phosphorus: 518.05mg (51.81%), Vitamin B5: 3.13mg (31.35%), Potassium: 970.68mg (27.73%), Magnesium: 107.6mg (26.9%), Iron: 4.59mg (25.48%), Copper: 0.42mg (20.77%), Vitamin C: 12.98mg (15.73%), Zinc: 2.14mg (14.28%), Vitamin B2: 0.2mg (11.97%), Vitamin B1: 0.17mg (11.65%), Fiber: 2.15g (8.58%), Folate: 27.68µg (6.92%), Vitamin B12: 0.34µg (5.67%), Calcium: 51.77mg (5.18%), Vitamin E: 0.51mg (3.37%), Vitamin A: 67.78IU (1.36%), Vitamin D: 0.17µg (1.13%), Vitamin K: 1.07µg (1.02%)