



WHATSheATE



Grilled Chicken Curry with Peanut Dipping Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



653 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 14 ounce coconut milk canned
- ☐ 2 teaspoons curry powder
- ☐ 2 teaspoons ground cumin
- ☐ 1 juice of lime juiced
- ☐ 1 tablespoons juice of lime fresh
- ☐ 4 servings olive oil as needed

- ☐ 3 tablespoons peanut butter
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 6 chicken breast halves boneless skinless
- ☐ 2 teaspoons turmeric powder

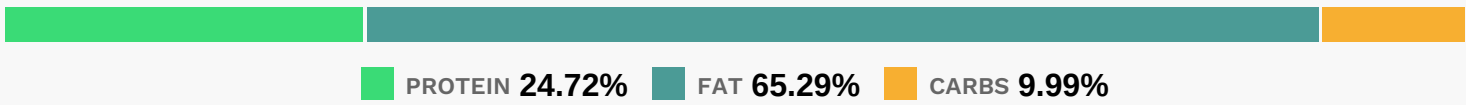
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ stove
- ☐ grill pan

Directions

- ☐ Heat a stove-top grill pan or griddle with cooking spray to medium-high heat. Season both sides of chicken with salt and black pepper and set aside. In a small bowl, combine lime juice, curry powder, turmeric, cumin and olive oil, as needed to loosen mixture.
- ☐ Mix well with a spoon and brush mixture all over both sides of chicken.
- ☐ Place chicken on hot pan and cook 3 to 5 minutes per side, or until cooked through.
- ☐ Remove from heat and place on plate.
- ☐ For the dipping sauce:While the chicken is cooking, in a small saucepan, combine coconut milk, peanut butter, lime juice, and sugar. Set pan over medium heat and bring to a simmer, about 5 minutes.
- ☐ Remove from heat.
- ☐ Serve 4 of the chicken breast halves with all of the peanut sauce. Reserve remaining chicken for Pastilla, if desired.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:0.36, Inflammation Score:-10, Nutrition Score:26.891738984896%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 653.25kcal (32.66%), Fat: 48.61g (74.78%), Saturated Fat: 25.11g (156.95%), Carbohydrates: 16.74g (5.58%), Net Carbohydrates: 13.27g (4.82%), Sugar: 10.67g (11.85%), Cholesterol: 108.48mg (36.16%), Sodium: 267.77mg (11.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.4g (82.81%), Vitamin B3: 20.18mg (100.92%), Selenium: 61.24µg (87.49%), Vitamin B6: 1.4mg (69.82%), Manganese: 1.28mg (64.17%), Phosphorus: 508.99mg (50.9%), Potassium: 1036.96mg (29.63%), Magnesium: 110.8mg (27.7%), Vitamin B5: 2.75mg (27.47%), Vitamin E: 3.89mg (25.93%), Iron: 3.98mg (22.09%), Copper: 0.39mg (19.51%), Zinc: 2.1mg (13.98%), Fiber: 3.48g (13.91%), Vitamin B2: 0.2mg (11.92%), Vitamin B1: 0.16mg (10.94%), Vitamin C: 8.64mg (10.47%), Vitamin K: 10.32µg (9.83%), Folate: 36.21µg (9.05%), Vitamin B12: 0.34µg (5.65%), Calcium: 53.29mg (5.33%), Vitamin A: 79.58IU (1.59%), Vitamin D: 0.17µg (1.13%)