



Indonesian Coconut Rice with Chicken and Zucchini



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1083 kcal

SIDE DISH

Ingredients

- ☐ 8 chicken thighs
- ☐ 2 tablespoons cooking oil
- ☐ 2 cloves garlic minced
- ☐ 1.5 teaspoons ground coriander
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 1 tablespoon juice of lemon

- ☐ 1 large onion cut into thin slices
- ☐ 1.5 cups rice long-grain
- ☐ 2 teaspoons salt
- ☐ 1.7 cups coconut milk unsweetened (one 13-ounce can)
- ☐ 1.8 cups water
- ☐ 1 pound zucchini cut into 1/4-inch dice

Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ In a large deep frying pan or Dutch oven, heat the cooking oil over moderately high heat.
- ☐ Sprinkle the chicken with 1/2 teaspoon of the salt and 1/4 teaspoon of the pepper.
- ☐ Put the chicken in the pan and brown well on both sides, about 8 minutes in all.
- ☐ Remove.
- ☐ Pour off all but 1 tablespoon of the fat. Reduce the heat to moderately low.
- ☐ Add the onion and cook, stirring occasionally, until soft, about 5 minutes.
- ☐ Add the garlic and cook 1 minute longer. Stir in the coriander, cumin, rice, and the remaining 1 1/2 teaspoons salt and 1/4 teaspoon pepper. Cook, stirring, for 1 minute.
- ☐ Stir in the coconut milk and the water.
- ☐ Add the chicken and bring to a simmer. Cover and cook over low heat, stirring the rice two or three times, until the rice and chicken are almost done, about 20 minutes. Stir in the zucchini, cover, and cook until done, about 7 minutes longer. Stir the lemon juice and cilantro into the rice.
- ☐ Wine Recommendation: A flamboyant gewrztraminer is in its element with spices such as coriander and cumin. Look to one from Alsace for full body, a delicate rose-petal aroma, and spicy apricot flavor.

Nutrition Facts



Properties

Glycemic Index:42.55, Glycemic Load:34.7, Inflammation Score:-7, Nutrition Score:32.783478394799%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

Nutrients (% of daily need)

Calories: 1083.05kcal (54.15%), Fat: 69.52g (106.96%), Saturated Fat: 32g (199.98%), Carbohydrates: 70.26g (23.42%), Net Carbohydrates: 64.89g (23.6%), Sugar: 7.98g (8.86%), Cholesterol: 221.48mg (73.83%), Sodium: 1372.84mg (59.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.08g (92.17%), Manganese: 2.06mg (102.79%), Selenium: 59.82µg (85.46%), Vitamin B3: 12.99mg (64.94%), Phosphorus: 600.63mg (60.06%), Vitamin B6: 1.18mg (58.81%), Vitamin B5: 3.48mg (34.77%), Potassium: 1193.15mg (34.09%), Vitamin C: 28.01mg (33.95%), Copper: 0.65mg (32.41%), Magnesium: 128.76mg (32.19%), Zinc: 4.78mg (31.9%), Iron: 4.89mg (27.17%), Vitamin B2: 0.46mg (26.84%), Vitamin B12: 1.45µg (24.11%), Fiber: 5.37g (21.49%), Vitamin B1: 0.32mg (21.38%), Folate: 63.58µg (15.9%), Vitamin K: 15.41µg (14.67%), Vitamin E: 2.1mg (14.03%), Calcium: 100.45mg (10.04%), Vitamin A: 415.08IU (8.3%), Vitamin D: 0.23µg (1.51%)