



Java Chicken in Coconut Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



466 kcal

SAUCE

Ingredients

- ☐ 3 fillet anchovy
- ☐ 5 blanchd almonds and whole chopped
- ☐ 1 tablespoon ginger fresh peeled chopped
- ☐ 2 garlic cloves chopped
- ☐ 4 kaffir lime leaves fresh
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 stalk lemongrass fresh halved lengthwise
- ☐ 6 servings parsley fresh italian chopped

- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 2 large shallots chopped
- ☐ 5 chicken breast halves boneless skinless
- ☐ 1 large baking apples are apples that have a sweet-tart balance and hold their shape when green cored peeled thinly sliced
- ☐ 3 cups coconut milk unsweetened canned
- ☐ 0.3 cup water
- ☐ 0.5 teaspoon peppercorns whole white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Purée first 8 ingredients in blender until almost smooth.
- ☐ Transfer purée to small saucepan. Stir over medium-low heat until mixture is aromatic, about 5 minutes.
- ☐ Pour into medium bowl; cool completely.
- ☐ Add chicken to puree; toss to coat.
- ☐ Let stand 1 hour at room temperature or refrigerate up to 4 hours.
- ☐ Bring coconut milk, apple slices, lime leaves and lemongrass to boil in heavy large skillet. Reduce heat and simmer until flavors blend and mixture is slightly reduced, about 10 minutes.
- ☐ Add chicken and marinade mixture and simmer until chicken is cooked through, stirring occasionally, about 13 minutes. Season to taste with salt and pepper. Stir in lemon juice. Discard lime leaves and lemongrass.
- ☐ Transfer chicken mixture to bowl.
- ☐ Sprinkle with parsley and serve.

Nutrition Facts

PROTEIN 19.76% FAT 67.5% CARBS 12.74%

Properties

Glycemic Index:23.17, Glycemic Load:1.86, Inflammation Score:-6, Nutrition Score:22.105651933214%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 466.35kcal (23.32%), Fat: 36.35g (55.93%), Saturated Fat: 26.73g (167.06%), Carbohydrates: 15.43g (5.14%), Net Carbohydrates: 11.25g (4.09%), Sugar: 8.76g (9.73%), Cholesterol: 61.47mg (20.49%), Sodium: 134.12mg (5.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.95g (47.89%), Manganese: 1.34mg (67.1%), Vitamin K: 66.85µg (63.66%), Vitamin B3: 11.19mg (55.97%), Selenium: 38.62µg (55.17%), Vitamin B6: 0.82mg (40.76%), Phosphorus: 342.22mg (34.22%), Potassium: 799.31mg (22.84%), Magnesium: 80.56mg (20.14%), Copper: 0.4mg (19.96%), Vitamin C: 14.64mg (17.75%), Iron: 3.09mg (17.19%), Fiber: 4.18g (16.72%), Vitamin B5: 1.66mg (16.56%), Zinc: 1.58mg (10.53%), Vitamin E: 1.41mg (9.42%), Folate: 36.66µg (9.16%), Vitamin A: 387.21IU (7.74%), Vitamin B1: 0.11mg (7.61%), Vitamin B2: 0.13mg (7.45%), Calcium: 44.95mg (4.5%), Vitamin B12: 0.2µg (3.35%)