



Michelle's Coconut Chicken Curry

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 small head cauliflower chopped
- 0.3 cup chicken stock see
- 2.5 tablespoons curry powder yellow
- 2 cloves garlic crushed
- 1 teaspoon garlic salt
- 4 servings salt and pepper to taste
- 1 pound chicken breast halves boneless skinless chopped
- 14 ounce coconut milk unsweetened canned

2 tablespoons vegetable oil

1 onion white chopped

Equipment

frying pan

Directions

- Heat the oil in a skillet over medium heat. Stir in the onion and garlic, and cook until tender.
- Mix in the chicken, and cook 10 minutes, or until juices run clear.
- Mix the cauliflower, curry powder and garlic salt into the skillet.
- Pour in the coconut milk and chicken stock. Season with salt and pepper. Reduce heat to low. Continue cooking, stirring occasionally, 30 minutes.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.38, Inflammation Score:-6, Nutrition Score:24.798260574755%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 466.78kcal (23.34%), Fat: 34.33g (52.82%), Saturated Fat: 22.86g (142.9%), Carbohydrates: 14.74g (4.91%), Net Carbohydrates: 9.49g (3.45%), Sugar: 6.18g (6.87%), Cholesterol: 73.17mg (24.39%), Sodium: 973.37mg (42.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29g (57.99%), Vitamin B3: 13.41mg (67.03%), Selenium: 44.27µg (63.24%), Manganese: 1.25mg (62.6%), Vitamin B6: 1.11mg (55.55%), Vitamin C: 39.04mg (47.32%), Phosphorus: 395.27mg (39.53%), Potassium: 1003.81mg (28.68%), Vitamin K: 27.02µg (25.73%), Vitamin B5: 2.28mg (22.82%), Magnesium: 89.6mg (22.4%), Fiber: 5.25g (21.01%), Iron: 3.57mg (19.82%), Copper: 0.38mg (18.88%), Folate: 70.22µg (17.55%), Vitamin E: 1.81mg (12.07%), Zinc: 1.75mg (11.65%), Vitamin B2: 0.19mg (11.16%), Vitamin B1: 0.16mg (10.91%), Calcium: 64.17mg (6.42%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 72.28IU (1.45%)