



Pumpkin and Thai Red Curry Chicken

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

READY IN



25 min.

SERVINGS



4

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 13.7 oz lite coconut milk canned
- 1 tablespoon curry paste red
- 1 lb chicken breast boneless skinless cut into bite-size pieces
- 1 cup onion chopped
- 0.8 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 1 tablespoon fish sauce
- 1 tablespoon brown sugar packed
- 1 cup peas sweet frozen

- 2 cups rice cooked
- 2 tablespoons spring onion sliced (2 medium)
- 1 serving jalapeno fresh sliced

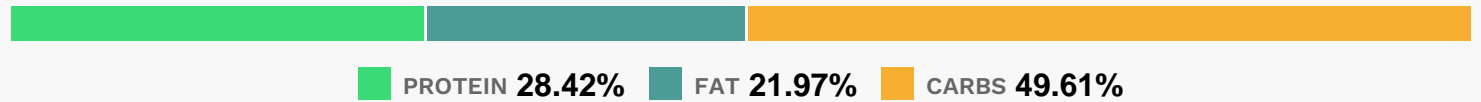
Equipment

- sauce pan

Directions

- In 2-quart saucepan, heat coconut milk and curry paste to simmering over medium heat.
- Add chicken, onion, pumpkin, fish sauce and brown sugar. Simmer 5 minutes, stirring occasionally.
- Add peas. Simmer 5 minutes longer or until chicken is no longer pink in center.
- Serve over rice; top with green onions and jalapeño slices.

Nutrition Facts



Properties

Glycemic Index:61.08, Glycemic Load:26.19, Inflammation Score:-10, Nutrition Score:25.510869264603%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg

Nutrients (% of daily need)

Calories: 429.09kcal (21.45%), Fat: 10.14g (15.6%), Saturated Fat: 7.34g (45.91%), Carbohydrates: 51.5g (17.17%), Net Carbohydrates: 44g (16%), Sugar: 7.23g (8.03%), Cholesterol: 72.57mg (24.19%), Sodium: 676.38mg (29.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.5g (59.01%), Vitamin A: 5140.81IU (102.82%), Vitamin B3: 13.27mg (66.34%), Selenium: 44.09µg (62.98%), Vitamin B6: 1.14mg (56.8%), Manganese: 0.81mg (40.55%), Phosphorus: 347.34mg (34.73%), Fiber: 7.5g (29.99%), Vitamin C: 22.24mg (26.95%), Vitamin B5: 2.6mg (26%), Potassium: 690.72mg (19.73%), Magnesium: 71.86mg (17.97%), Folate: 60.2µg (15.05%), Vitamin K: 15.7µg (14.95%), Vitamin B2: 0.25mg (14.56%), Vitamin B1: 0.21mg (14.25%), Zinc: 1.72mg (11.48%), Iron: 1.93mg (10.73%), Copper: 0.21mg (10.27%), Calcium: 62.47mg (6.25%), Vitamin B12: 0.25µg (4.14%), Vitamin E: 0.34mg (2.27%)