



Red Curry Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce broccoli red frozen
- ☐ 6 ounce grilled chicken breast strips (such as Louis Rich)
- ☐ 4.5 cups rice hot cooked
- ☐ 6 tablespoons dry-roasted peanuts unsalted chopped
- ☐ 2 tablespoons basil fresh thinly sliced
- ☐ 13.5 ounce coconut milk light canned
- ☐ 2 teaspoons curry paste red (such as Thai Kitchen)
- ☐ 0.3 teaspoon salt

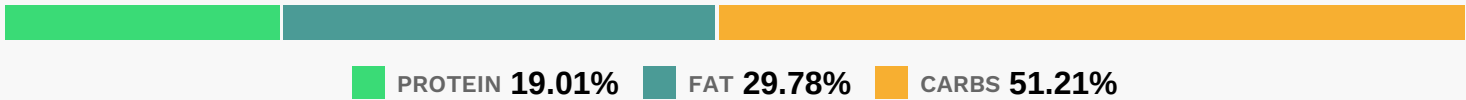
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Place vegetables in a microwave-safe bowl; cover with plastic wrap, and vent. Microwave at HIGH 4 minutes; drain and set aside.
- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add chicken; saut 1 minute.
- ☐ Add coconut milk; bring to a boil. Stir in red curry paste and salt. Cook 5 minutes over medium heat or just until sauce begins to thicken, stirring frequently.
- ☐ Add vegetable mixture to chicken mixture, stirring well. Bring to a boil; cook 4 minutes or until sauce is slightly thickened. Stir in basil.
- ☐ Serve over rice, and sprinkle with peanuts.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:36.82, Inflammation Score:-9, Nutrition Score:18.147826083328%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 333.61kcal (16.68%), Fat: 10.85g (16.69%), Saturated Fat: 5.48g (34.24%), Carbohydrates: 41.98g (13.99%), Net Carbohydrates: 38.95g (14.16%), Sugar: 3.35g (3.73%), Cholesterol: 24.1mg (8.03%), Sodium: 218.59mg (9.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.58g (31.15%), Vitamin C: 97.03mg (117.61%), Vitamin A:

2670.62IU (53.41%), Manganese: 0.89mg (44.61%), Vitamin B3: 6.6mg (33%), Vitamin B6: 0.53mg (26.35%), Selenium: 17.54µg (25.06%), Phosphorus: 174.32mg (17.43%), Folate: 52.52µg (13.13%), Magnesium: 48.74mg (12.19%), Fiber: 3.02g (12.1%), Vitamin B5: 1.12mg (11.16%), Potassium: 353.15mg (10.09%), Copper: 0.18mg (8.86%), Vitamin E: 1.32mg (8.82%), Zinc: 1.26mg (8.39%), Vitamin B1: 0.12mg (7.75%), Vitamin B2: 0.12mg (7.12%), Iron: 1.15mg (6.39%), Vitamin K: 6.56µg (6.24%), Calcium: 34.97mg (3.5%), Vitamin B12: 0.1µg (1.61%)