



Red curry chicken kebabs



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chicken breasts boneless skinless cut into large chunks
- ☐ 2 tbsp thai curry paste red
- ☐ 2 tbsp coconut milk
- ☐ 1 pepper red deseeded chopped
- ☐ 1 courgette halved cut into chunks
- ☐ 1 onion red cut into large wedges
- ☐ 1 lime halved

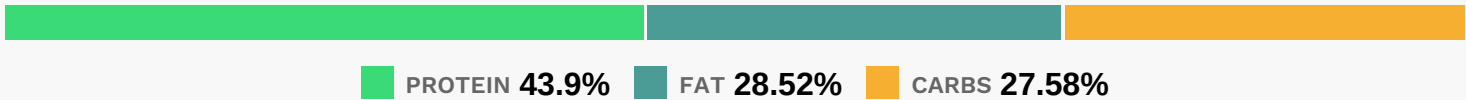
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ skewers

Directions

- ☐ Fire up the barbecue or heat a griddle pan to high. Tip chicken, curry paste and coconut milk into a bowl, then mix well until the chicken is evenly coated. Thread vegetables and chicken onto skewers. Cook the skewers on the barbecue or griddle for 5–8 mins, turning every so often, until the chicken is cooked through and charred.
- ☐ Serve with herby rice, salad and a lime half to squeeze over.

Nutrition Facts



Properties

Glycemic Index:101.5, Glycemic Load:3.43, Inflammation Score:-10, Nutrition Score:26.708695515342%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.08mg, Quercetin: 12.08mg, Quercetin: 12.08mg, Quercetin: 12.08mg

Nutrients (% of daily need)

Calories: 239.8kcal (11.99%), Fat: 7.84g (12.05%), Saturated Fat: 4.09g (25.57%), Carbohydrates: 17.05g (5.68%), Net Carbohydrates: 12.39g (4.51%), Sugar: 8.91g (9.9%), Cholesterol: 72.32mg (24.11%), Sodium: 146.39mg (6.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.13g (54.26%), Vitamin C: 110.29mg (133.68%), Vitamin A: 4473.19IU (89.46%), Vitamin B3: 13.04mg (65.18%), Vitamin B6: 1.26mg (63.19%), Selenium: 36.82µg (52.61%), Phosphorus: 326.39mg (32.64%), Potassium: 946.9mg (27.05%), Manganese: 0.45mg (22.29%), Vitamin B5: 2.16mg (21.62%), Fiber: 4.66g (18.63%), Folate: 70.64µg (17.66%), Magnesium: 68.57mg (17.14%), Vitamin B2: 0.28mg (16.31%), Vitamin B1: 0.19mg (12.48%), Iron: 2.24mg (12.43%), Vitamin E: 1.36mg (9.05%), Zinc: 1.33mg (8.88%), Copper: 0.17mg (8.46%), Vitamin K: 7.78µg (7.41%), Calcium: 72.9mg (7.29%), Vitamin B12: 0.23µg (3.77%)