



# Sesame Red Curry Chicken with Bok Choy and Sweet Coconut Rice

 Gluten Free  Dairy Free  Low Fod Map

READY IN



195 min.

SERVINGS



4

CALORIES



753 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 cups bok choy chopped
- 0.3 cup freshly cilantro leaves chopped for garnish
- 0.3 cup coconut or flaked
- 1 tablespoon ginger fresh minced
- 4 servings salt and ground pepper black
- 2 cups cooking jasmine rice quick
- 28 ounce coconut milk light canned

- 0.5 cup chicken broth reduced-sodium
- 1 bell pepper red seeded sliced
- 1 tablespoon curry paste red
- 0.5 cup sake (rice wine)
- 2 teaspoons sesame oil
- 16 ounce chicken breast halves boneless skinless

## Equipment

- bowl
- frying pan
- sauce pan
- whisk
- slow cooker

## Directions

- Watch how to make this recipe.
- Arrange bok choy and red pepper in bottom of slow cooker. Season 4 chicken breast halves all over with salt and black pepper and place on top of bok choy.
- In a small bowl, whisk together broth, sake, sesame oil, ginger, and curry paste.
- Pour mixture over chicken. Cover and cook on LOW for 6 to 8 hours or HIGH for 3 to 4 hours.
- In a small skillet toast flaked coconut on low heat until lightly toasted, about 5 to 8 minutes. To a medium saucepan, add rice and coconut milk and set pan over medium-high heat, bring to a simmer for 5 minutes.
- Remove from heat and let stand 5 minutes. Stir in toasted coconut. Set aside 1 1/2 cups for another recipe.
- Spoon rice onto a serving platter. Top with chicken, bok choy, bell peppers and sauce from slow cooker.
- Garnish with cilantro.

## Nutrition Facts



■ PROTEIN 19.27% ■ FAT 29.86% ■ CARBS 50.87%

## Properties

Glycemic Index:43.05, Glycemic Load:44.94, Inflammation Score:-10, Nutrition Score:31.69260855343%

## Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

## Nutrients (% of daily need)

Calories: 752.96kcal (37.65%), Fat: 22.89g (35.22%), Saturated Fat: 17.56g (109.75%), Carbohydrates: 87.74g (29.25%), Net Carbohydrates: 84.12g (30.59%), Sugar: 2.92g (3.25%), Cholesterol: 72.57mg (24.19%), Sodium: 360.41mg (15.67%), Alcohol: 4.83g (100%), Alcohol %: 1.06% (100%), Protein: 33.24g (66.48%), Vitamin A: 4751.74IU (95.03%), Vitamin C: 71.69mg (86.9%), Selenium: 52.06µg (74.38%), Vitamin B3: 14.41mg (72.05%), Manganese: 1.33mg (66.74%), Vitamin B6: 1.25mg (62.34%), Phosphorus: 400.97mg (40.1%), Vitamin K: 37.18µg (35.41%), Vitamin B5: 2.76mg (27.63%), Potassium: 840.64mg (24.02%), Magnesium: 77.54mg (19.38%), Folate: 73.13µg (18.28%), Copper: 0.32mg (16.07%), Vitamin B2: 0.25mg (14.68%), Fiber: 3.62g (14.48%), Zinc: 2.03mg (13.52%), Iron: 2.25mg (12.5%), Vitamin B1: 0.19mg (12.39%), Calcium: 117.86mg (11.79%), Vitamin E: 0.93mg (6.21%), Vitamin B12: 0.26µg (4.27%)