



Spicy Coconut Chicken Curry

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 2 cups rice cooked
- 1 jalapeno diced
- 2 teaspoons olive oil
- 1 cup onion diced
- 1 bell pepper diced red
- 2 chicken breast boneless skinless cut into bite size pieces or strips
- 1 tablespoon curry paste red

2 cups to 3 sized squashes yellow sliced

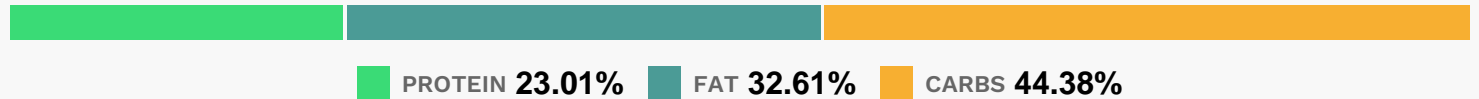
Equipment

pot

Directions

Thanks for reading! You can find this recipe and many more of my original recipes at my blog here: <http://sallycooks.com/2013/08/13/spicy-coconut-chicken-curry/> What to do: heat oil in a large pot over medium-high heat add the chicken and onion; cook, stirring for about 5 minutes mix in the curry paste and remaining veggies cook, stirring for a few minutes pour coconut milk into the pot and bring to a boil add butter and simmer over medium heat until butter is melted, chicken is fully cooked and you're ready to serve plain or over rice

Nutrition Facts



Properties

Glycemic Index: 70.5, Glycemic Load: 25.56, Inflammation Score: -9, Nutrition Score: 16.395652309708%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg

Nutrients (% of daily need)

Calories: 273.08kcal (13.65%), Fat: 9.88g (15.2%), Saturated Fat: 4.43g (27.71%), Carbohydrates: 30.24g (10.08%), Net Carbohydrates: 27.76g (10.1%), Sugar: 4.64g (5.16%), Cholesterol: 51.21mg (17.07%), Sodium: 115.47mg (5.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.69g (31.37%), Vitamin C: 55.79mg (67.62%), Vitamin B6: 0.77mg (38.46%), Vitamin A: 1865.51IU (37.31%), Selenium: 24.43µg (34.9%), Vitamin B3: 6.87mg (34.35%), Manganese: 0.57mg (28.43%), Phosphorus: 196.01mg (19.6%), Potassium: 516.28mg (14.75%), Vitamin B5: 1.36mg (13.63%), Vitamin B2: 0.19mg (11.05%), Folate: 43.46µg (10.86%), Magnesium: 42.01mg (10.5%), Fiber: 2.48g (9.92%), Vitamin E: 1.26mg (8.4%), Vitamin B1: 0.12mg (7.69%), Zinc: 1.03mg (6.88%), Copper: 0.12mg (6.04%), Vitamin K: 5.77µg (5.49%), Iron: 0.9mg (4.97%), Calcium: 37.85mg (3.79%), Vitamin B12: 0.12µg (2.08%)