



Thai Chicken Curry in Coconut Milk

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

READY IN



35 min.

SERVINGS



4

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 pounds rotisserie chicken breast meat boneless skinless cut into strips
- 1 teaspoon curry paste
- 1 tablespoon fish sauce
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon juice of lemon fresh
- 1 tablespoon lemon zest grated
- 1 cup coconut milk light
- 1 onion coarsely chopped

- 1 bell pepper red cut into strips
- 1 tablespoon vegetable oil

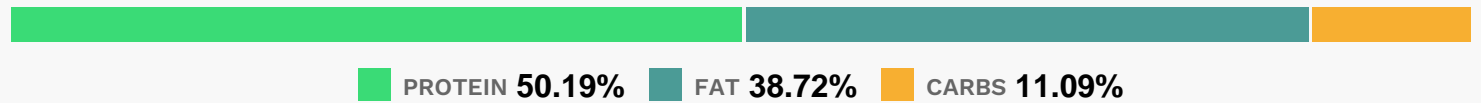
Equipment

- frying pan

Directions

- Heat the oil in a large skillet over high heat; heat the curry paste in the oil about 30 seconds.
- Add the chicken and cook another 3 minutes. Stir in the onion, bell pepper, lemon zest, coconut milk, fish sauce, and lemon juice; bring to a boil; cook until the chicken is cooked through, 5 to 7 minutes.
- Sprinkle cilantro over the dish; stir.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.95, Inflammation Score:-8, Nutrition Score:19.360434964947%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg

Nutrients (% of daily need)

Calories: 256.9kcal (12.84%), Fat: 10.63g (16.35%), Saturated Fat: 4.72g (29.52%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 5.5g (2%), Sugar: 2.84g (3.15%), Cholesterol: 90.72mg (30.24%), Sodium: 562.4mg (24.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31g (62%), Vitamin B3: 15.24mg (76.18%), Selenium: 45.96µg (65.66%), Vitamin B6: 1.21mg (60.27%), Vitamin C: 45.69mg (55.38%), Phosphorus: 314.82mg (31.48%), Vitamin A: 1262.91IU (25.26%), Vitamin B5: 2.17mg (21.71%), Potassium: 653.56mg (18.67%), Magnesium: 51.85mg (12.96%), Vitamin K: 12.24µg (11.65%), Vitamin B2: 0.18mg (10.64%), Vitamin B1: 0.12mg (8.18%), Folate: 28.65µg (7.16%),

Vitamin E: 1.07mg (7.1%), Zinc: 0.96mg (6.43%), Fiber: 1.35g (5.38%), Manganese: 0.11mg (5.33%), Vitamin B12: 0.31µg (5.08%), Iron: 0.82mg (4.54%), Copper: 0.06mg (3.06%), Calcium: 22.31mg (2.23%)