



Thai Chicken Curry with Pineapple



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar packed
- ☐ 13.5 ounce coconut milk canned
- ☐ 0.5 cup carrots chopped
- ☐ 1 cup chicken stock see
- ☐ 2 tablespoons chicken stock see
- ☐ 4 chicken thighs cut into bite size pieces
- ☐ 1 tablespoon cornstarch
- ☐ 1 teaspoon curry paste

- ☐ 2 teaspoons curry powder
- ☐ 2 tablespoons fish sauce
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 cup peas frozen
- ☐ 0.8 cup pineapple fresh chopped

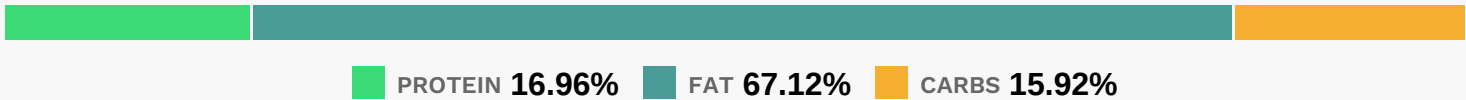
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cook and stir the curry powder and curry paste in a saucepan over medium-low heat until fragrant, about 2 minutes.
- ☐ Pour the coconut milk into the saucepan and mix well. Stir in the fish sauce, brown sugar, and 1 cup chicken stock.
- ☐ Place the chicken thighs, peas, peppers, and carrots into the saucepan with the curry sauce. Bring the mixture to a boil over medium-high heat, then reduce the heat to low. Simmer until the chicken is cooked though, about 25 minutes.
- ☐ Whisk together 1 tablespoon of cornstarch with 2 tablespoons of cold chicken stock. Stir cornstarch mixture into the curry.
- ☐ Mix the pineapple into the curry and cook until the sauce thickens, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:41.21, Glycemic Load:3.4, Inflammation Score:-9, Nutrition Score:23.722174229829%

Flavonoids

Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 559.13kcal (27.96%), Fat: 42.76g (65.79%), Saturated Fat: 25.56g (159.74%), Carbohydrates: 22.81g (7.6%), Net Carbohydrates: 18.08g (6.58%), Sugar: 12.9g (14.33%), Cholesterol: 112.76mg (37.59%), Sodium: 918.76mg (39.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.31g (48.62%), Manganese: 1.37mg (68.4%), Vitamin A: 3196.45IU (63.93%), Vitamin C: 41.03mg (49.74%), Selenium: 30µg (42.86%), Vitamin B3: 8.07mg (40.34%), Phosphorus: 328.32mg (32.83%), Vitamin B6: 0.64mg (31.89%), Magnesium: 91.67mg (22.92%), Copper: 0.45mg (22.45%), Potassium: 761.3mg (21.75%), Fiber: 4.73g (18.93%), Iron: 3.36mg (18.69%), Zinc: 2.53mg (16.89%), Vitamin B2: 0.26mg (15.46%), Vitamin B1: 0.23mg (15.3%), Vitamin B5: 1.48mg (14.85%), Vitamin B12: 0.77µg (12.77%), Folate: 50.49µg (12.62%), Vitamin K: 11.8µg (11.24%), Vitamin E: 0.83mg (5.5%), Calcium: 55mg (5.5%)