



Thai Coconut Chicken



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



657 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups pieces asparagus
- ☐ 0.5 cup carrots shredded
- ☐ 1 tablespoon curry powder
- ☐ 1 cup green onions chopped
- ☐ 2 cups jasmine rice dry
- ☐ 14 ounce coconut milk light canned
- ☐ 1.5 pounds chicken breast halves boneless skinless cubed
- ☐ 1 cup snow peas

☐ 3 cups water

Equipment

☐ bowl

☐ frying pan

☐ sauce pan

Directions

☐ In a 2 quart saucepan, combine water and rice. Cover, and bring to a boil over high heat. Reduce heat, and simmer for 20 minutes.

☐ In a medium size bowl, combine the chicken and curry powder, and toss to coat.

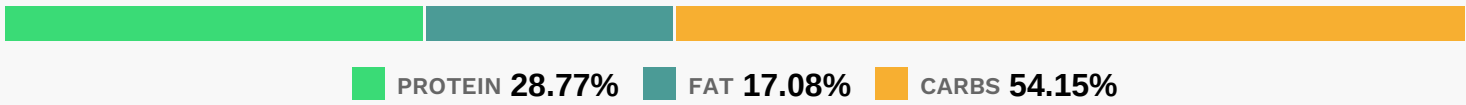
☐ Coat a large nonstick skillet with cooking spray. Cook the chicken, stirring frequently, over medium-high heat for 4 minutes.

☐ Mix in the asparagus, snow peas, carrots and green onions; cook for 3 minutes.

☐ Pour in the coconut milk , continue cooking until sauce is hot, and chicken is cooked through.

☐ Serve over the hot, cooked rice.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:45.8, Inflammation Score:-10, Nutrition Score:37.35130438079%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 12.07mg, Quercetin: 12.07mg, Quercetin: 12.07mg, Quercetin: 12.07mg

Nutrients (% of daily need)

Calories: 657.34kcal (32.87%), Fat: 12.05g (18.53%), Saturated Fat: 7.82g (48.89%), Carbohydrates: 85.95g (28.65%), Net Carbohydrates: 81.1g (29.49%), Sugar: 3.73g (4.15%), Cholesterol: 108.86mg (36.29%), Sodium: 311.63mg (13.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.66g (91.33%), Vitamin B3: 20.36mg (101.82%), Selenium: 70.53µg (100.76%), Vitamin K: 89.79µg (85.51%), Vitamin B6: 1.58mg (79.02%), Vitamin A:

3760.86IU (75.22%), Manganese: 1.32mg (66.24%), Phosphorus: 531.49mg (53.15%), Vitamin B5: 3.79mg (37.92%), Vitamin C: 26.31mg (31.89%), Potassium: 1063.42mg (30.38%), Magnesium: 95.11mg (23.78%), Copper: 0.46mg (23.2%), Iron: 4.17mg (23.19%), Vitamin B1: 0.33mg (22.29%), Vitamin B2: 0.36mg (21.35%), Folate: 80.68µg (20.17%), Fiber: 4.84g (19.37%), Zinc: 2.64mg (17.58%), Vitamin E: 1.85mg (12.34%), Calcium: 96.79mg (9.68%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)