



Thai Pineapple Red Curry Chicken

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

READY IN



60 min.

SERVINGS



5

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons vegetable oil
- 1 lb chicken breast boneless skinless cut into bite-size pieces
- 2 cloves garlic finely chopped
- 1 teaspoon ginger finely chopped
- 2 teaspoons curry paste red (depends on how spicy you like it)
- 1 small onion sliced
- 1 cup peas frozen
- 13 oz coconut milk canned (not cream of coconut)

- 1 tablespoon brown sugar packed
- 1 tablespoon soya sauce
- 1 medium bell pepper red sliced
- 0.3 cup cilantro leaves fresh finely chopped
- 1 tablespoon basil fresh chopped
- 8 oz water chestnuts sliced canned
- 20 oz pineapple chunks drained canned
- 1 serving rice white cooked for 5 servings

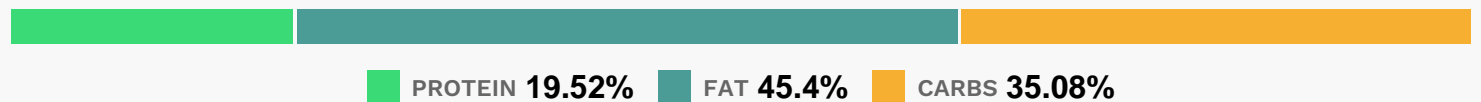
Equipment

- sauce pan
- dutch oven

Directions

- In 4-quart saucepan or Dutch oven, heat oil over high heat.
- Add chicken, garlic and ginger; cook and stir 2 to 3 minutes.
- Add the curry paste; cook and stir 1 to 2 minutes.
- Stir in remaining ingredients. Reduce heat; cover and simmer 30 to 40 minutes or until sauce has thickened and chicken is no longer pink in center.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:74.87, Glycemic Load:6.64, Inflammation Score:-9, Nutrition Score:25.795217519221%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.34mg, Quercetin:

3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 496.24kcal (24.81%), Fat: 25.91g (39.86%), Saturated Fat: 17.03g (106.46%), Carbohydrates: 45.05g (15.02%), Net Carbohydrates: 37.56g (13.66%), Sugar: 26.18g (29.09%), Cholesterol: 58.06mg (19.35%), Sodium: 328.43mg (14.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.06g (50.13%), Vitamin C: 58.67mg (71.11%), Vitamin B3: 11.69mg (58.43%), Vitamin B6: 1.08mg (53.83%), Manganese: 1.05mg (52.42%), Selenium: 36.59µg (52.27%), Phosphorus: 341.48mg (34.15%), Fiber: 7.48g (29.93%), Vitamin A: 1441.41IU (28.83%), Potassium: 923.18mg (26.38%), Copper: 0.5mg (24.9%), Vitamin K: 23.76µg (22.63%), Magnesium: 89.81mg (22.45%), Vitamin B1: 0.31mg (20.37%), Iron: 3.27mg (18.19%), Vitamin B5: 1.74mg (17.42%), Folate: 59.63µg (14.91%), Zinc: 1.96mg (13.07%), Vitamin B2: 0.2mg (12.04%), Vitamin E: 1.55mg (10.35%), Calcium: 59.9mg (5.99%), Vitamin B12: 0.18µg (3.02%)