



WHATSheATE



Thai Pineapple Red Curry Chicken



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



5

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar packed
- ☐ 13 oz coconut milk canned (not cream of coconut)
- ☐ 8 oz water chestnuts sliced canned
- ☐ 5 servings rice white cooked for 5 servings
- ☐ 1 tablespoon basil fresh chopped
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 teaspoon ginger finely chopped

- ☐ 1 small onion sliced
- ☐ 1 cup peas frozen
- ☐ 20 oz pineapple chunks drained canned
- ☐ 1 medium bell pepper red sliced
- ☐ 1 lb chicken breast boneless skinless cut into bite-size pieces
- ☐ 1 tablespoon soya sauce
- ☐ 2 teaspoons curry paste red (depends on how spicy you like it)
- ☐ 2 tablespoons vegetable oil

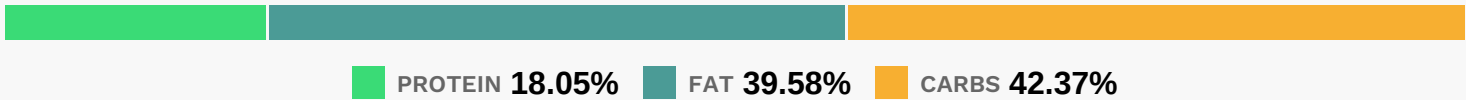
Equipment

- ☐ 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:25.77, Inflammation Score:-9, Nutrition Score:27.629130244255%

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: 578.4kcal (28.92%), Fat: 26.09g (40.13%), Saturated Fat: 17.08g (106.77%), Carbohydrates: 62.85g (20.95%), Net Carbohydrates: 55.12g (20.04%), Sugar: 26.21g (29.12%), Cholesterol: 58.06mg (19.35%), Sodium: 329.06mg (14.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.76g (53.53%), Vitamin C: 58.67mg (71.11%), Manganese: 1.35mg (67.34%), Vitamin B3: 11.94mg (59.7%), Selenium: 41.33µg (59.05%), Vitamin B6: 1.14mg (56.77%), Phosphorus: 368.66mg (36.87%), Fiber: 7.74g (30.95%), Vitamin A: 1441.41IU (28.83%), Copper: 0.54mg (27.08%), Potassium: 945.3mg (27.01%), Magnesium: 97.4mg (24.35%), Vitamin K: 23.76µg (22.63%), Vitamin B1: 0.32mg (21.21%), Vitamin B5: 1.99mg (19.89%), Iron: 3.4mg (18.89%), Folate: 61.52µg (15.38%), Zinc: 2.27mg (15.13%), Vitamin B2: 0.21mg (12.52%), Vitamin E: 1.58mg (10.52%), Calcium: 66.22mg (6.62%), Vitamin B12: 0.18µg (3.02%)