



Thai Red Curry Coconut Chicken

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 oz yogurt organic
- 0.3 cup chicken broth
- 2 tablespoons curry paste red
- 1 teaspoon ginger finely chopped
- 2 cloves garlic finely chopped
- 1 tablespoon olive oil
- 1 lb chicken breast boneless skinless cut into bite-size chunks
- 1 tablespoon creamy peanut butter

- 1 cup snow peas
- 1 cup bell pepper diced red
- 1 serving salt and pepper
- 2 cups rice cooked
- 1 serving cilantro leaves fresh chopped
- 1 serving lime wedges

Equipment

- bowl
- frying pan

Directions

- In medium bowl, mix yogurt, chicken broth, curry paste, gingerroot and garlic until well blended. Set aside.
- In 12-inch nonstick skillet, heat oil over medium-high heat.
- Add chicken; cook 3 to 4 minutes or until chicken is no longer pink in center.
- Add peanut butter; cook 1 to 2 minutes or until chicken is well coated.
- Reduce heat to medium; stir in pea pods and bell pepper. Simmer 3 to 5 minutes, stirring occasionally, until vegetables are crisp-tender. Stir in yogurt mixture; cook 1 to 2 minutes longer or until thoroughly heated. Season with salt and pepper.
- Serve over rice.
- Sprinkle with cilantro, and serve with lime wedges.

Nutrition Facts



PROTEIN 35.27% **FAT 28.72%** **CARBS 36.01%**

Properties

Glycemic Index:70.75, Glycemic Load:25.01, Inflammation Score:-9, Nutrition Score:24.017826266911%

Flavonoids

Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 344.93kcal (17.25%), Fat: 10.84g (16.67%), Saturated Fat: 2.75g (17.19%), Carbohydrates: 30.57g (10.19%), Net Carbohydrates: 28.31g (10.3%), Sugar: 5.61g (6.23%), Cholesterol: 78.4mg (26.13%), Sodium: 275mg (11.96%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 29.94g (59.89%), Vitamin C: 65.16mg (78.98%), Vitamin B3: 13.27mg (66.33%), Selenium: 43.8µg (62.57%), Vitamin B6: 1.12mg (56.07%), Vitamin A: 2692.22IU (53.84%), Phosphorus: 351.84mg (35.18%), Manganese: 0.58mg (29.25%), Vitamin B5: 2.45mg (24.46%), Potassium: 674.46mg (19.27%), Magnesium: 61.94mg (15.48%), Vitamin B2: 0.25mg (14.91%), Vitamin E: 1.83mg (12.23%), Vitamin B1: 0.17mg (11.29%), Zinc: 1.59mg (10.58%), Folate: 40.88µg (10.22%), Vitamin K: 10.49µg (9.99%), Calcium: 94.17mg (9.42%), Fiber: 2.25g (9.02%), Iron: 1.59mg (8.85%), Copper: 0.14mg (6.98%), Vitamin B12: 0.39µg (6.45%), Vitamin D: 0.16µg (1.04%)