



Thai Red Curry Coconut Chicken

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup chicken broth
- ☐ 2 cups rice cooked
- ☐ 1 tablespoon creamy peanut butter
- ☐ 2 cloves garlic finely chopped
- ☐ 1 teaspoon ginger finely chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 cup snow peas
- ☐ 1 cup bell pepper diced red

- ☐ 1 lb chicken breast boneless skinless cut into bite-size chunks
- ☐ 2 tablespoons curry paste red
- ☐ 6 oz yogurt

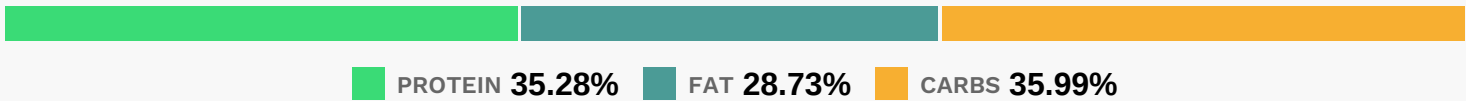
Equipment

- ☐ 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



Properties

Glycemic Index:54.75, Glycemic Load:25.01, Inflammation Score:-9, Nutrition Score:24.00173917024%

Flavonoids

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: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 344.85kcal (17.24%), Fat: 10.83g (16.67%), Saturated Fat: 2.75g (17.19%), Carbohydrates: 30.54g (10.18%), Net Carbohydrates: 28.3g (10.29%), Sugar: 5.6g (6.23%), Cholesterol: 78.4mg (26.13%), Sodium: 226.54mg (9.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.94g (59.88%), Vitamin C: 65.08mg (78.88%), Vitamin B3: 13.27mg (66.33%), Selenium: 43.8µg (62.57%), Vitamin B6: 1.12mg (56.06%), Vitamin A: 2690.41IU (53.81%), Phosphorus: 351.79mg (35.18%), Manganese: 0.58mg (29.24%), Vitamin B5: 2.44mg (24.45%), Potassium: 674.06mg (19.26%), Magnesium: 61.91mg (15.48%), Vitamin B2: 0.25mg (14.91%), Vitamin E: 1.83mg (12.22%), Vitamin B1: 0.17mg (11.29%), Zinc: 1.59mg (10.57%), Folate: 40.85µg (10.21%), Vitamin K: 10.41µg (9.91%), Calcium: 94.04mg (9.4%), Fiber: 2.25g (8.98%), Iron: 1.59mg (8.84%), Copper: 0.14mg (6.96%), Vitamin B12: 0.39µg (6.45%), Vitamin D: 0.16µg (1.04%)