

Braised Coconut Curry Chicken with Cauliflower Rice

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/lidia-s-italy-braised-cauliflower-recipe>

Ingredients:

- 2 pounds chicken pieces patted dry and sprinkled with salt and pepper
- 1 tablespoon oil
- 1 can coconut cream unsweetened
- 3 cups chicken broth I used a combination of both
- 1 teaspoon ginger dried
- 1 tablespoon fresh minced garlic
- 1 chili pepper minced, I used a jalapeno
- 1 teaspoon parsley flakes
- 1 teaspoon green onion
- 1 head cauliflower riced

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 170 milligrams
4. Fat: 40 grams
5. Fiber: 3 grams
6. Protein: 51 grams
7. SaturatedFat: 10 grams
8. Sodium: 300 milligrams
9. Sugar: 3 grams

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