



## 10-Minute Chicken Curry

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



10 min.

SERVINGS



4

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8.8 oz rice long-grain white
- 10 oz chicken breast strips/pre-cooked/chopped refrigerated cooked
- 1 cup peas sweet frozen (from 12-oz bag)
- 1 cup curry powder red yellow
- 2 teaspoons curry powder

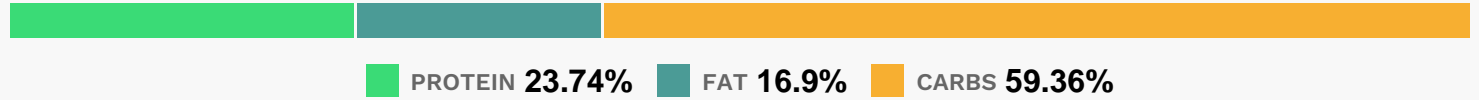
### Equipment

- frying pan
- microwave

## Directions

- Cook rice in microwave as directed on package.
- Meanwhile, in 10-inch skillet, cook remaining ingredients over medium heat about 5 minutes, stirring occasionally, until hot.
- Serve chicken mixture over cooked rice.

## Nutrition Facts



## Properties

Glycemic Index:28.88, Glycemic Load:32.16, Inflammation Score:-9, Nutrition Score:43.615217342325%

## Nutrients (% of daily need)

Calories: 569.43kcal (28.47%), Fat: 11.39g (17.53%), Saturated Fat: 2.2g (13.75%), Carbohydrates: 90.06g (30.02%), Net Carbohydrates: 67.21g (24.44%), Sugar: 3.79g (4.21%), Cholesterol: 60.24mg (20.08%), Sodium: 88.65mg (3.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.01g (72.02%), Manganese: 3.42mg (170.95%), Iron: 19.57mg (108.7%), Fiber: 22.85g (91.38%), Vitamin E: 13.53mg (90.22%), Vitamin B3: 13.56mg (67.8%), Vitamin K: 69.29µg (65.99%), Vitamin B6: 1.28mg (64.02%), Selenium: 39.92µg (57.02%), Magnesium: 200.88mg (50.22%), Phosphorus: 482.38mg (48.24%), Copper: 0.73mg (36.3%), Potassium: 1269.68mg (36.28%), Calcium: 324.66mg (32.47%), Folate: 124.01µg (31%), Zinc: 4.27mg (28.49%), Vitamin C: 21.36mg (25.89%), Vitamin B1: 0.34mg (22.79%), Vitamin B2: 0.33mg (19.31%), Vitamin A: 885.25IU (17.7%), Vitamin B5: 1.35mg (13.54%), Vitamin B12: 0.24µg (4.02%)