



WHATSheATE



30 Minute Southern Classic: Country Captain Chicken

READY IN



30 min.

SERVINGS



6

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 tablespoons butter
- ☐ 1 can canned tomatoes diced puree or chunky style crushed
- ☐ 1 cup chicken stock see
- ☐ 2 large cloves garlic smashed
- ☐ 0.3 cup currants
- ☐ 1 tablespoon mild curry paste
- ☐ 0.7 cup flour

- ☐ 1 bell pepper green seeded chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 medium onion chopped
- ☐ 1 bell pepper red seeded chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 3 scallions chopped for garnish
- ☐ 3 chicken thighs boneless skinless
- ☐ 1 tablespoon paprika sweet
- ☐ 2.8 cups water
- ☐ 1.5 cups rice long grain wild white
- ☐ 4 pieces each boneless skinless
- ☐ 2 ounces pouch lightly toasted sliced

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

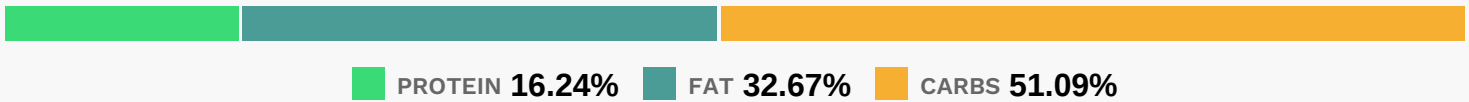
Directions

- ☐ Watch how to make this recipe.
- ☐ Bring water to a boil in a medium saucepan.
- ☐ Add butter and rice and return water to a boil. Reduce heat to low and cover the pot. Cook rice 20 minutes or until tender. Turn off heat and fluff rice with a fork.
- ☐ Combine flour and paprika in a shallow dish. Season chicken with salt and pepper.
- ☐ Cut each chicken breast and thigh in 1/2 on an angle. Coat chicken pieces in paprika seasoned flour. Wash your hands and chicken work surfaces thoroughly.
- ☐ Heat a large skillet over medium high heat.
- ☐ Add oil to the pan. Brown chicken pieces, 3 minutes on each side, and remove from the skillet.

- ☐
- Add butter to the pan, then stir in peppers, onions and garlic. Season the veggies with salt and pepper and saute them 5 to 7 minutes to soften.

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Nutrition Facts



Properties

Glycemic Index:87.31, Glycemic Load:34.93, Inflammation Score:-9, Nutrition Score:24.80043473451%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 514.74kcal (25.74%), Fat: 18.96g (29.17%), Saturated Fat: 5.54g (34.62%), Carbohydrates: 66.71g (22.24%), Net Carbohydrates: 61g (22.18%), Sugar: 10.12g (11.24%), Cholesterol: 70.35mg (23.45%), Sodium: 257.2mg (11.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.2g (42.4%), Vitamin C: 50.84mg (61.62%), Manganese: 1.14mg (56.88%), Selenium: 27µg (38.58%), Vitamin B3: 7.17mg (35.85%), Vitamin E: 5.28mg (35.17%), Vitamin B6: 0.68mg (33.76%), Vitamin A: 1676.94IU (33.54%), Phosphorus: 287.55mg (28.75%), Vitamin B2: 0.43mg (25.52%), Vitamin K: 26µg (24.76%), Copper: 0.49mg (24.33%), Fiber: 5.71g (22.83%), Vitamin B1: 0.32mg (21.37%), Magnesium: 84.37mg (21.09%), Potassium: 734.96mg (21%), Iron: 3.78mg (20.99%), Folate: 67.45µg (16.86%), Vitamin B5: 1.61mg (16.14%), Zinc: 2.27mg (15.13%), Calcium: 99.86mg (9.99%), Vitamin B12: 0.37µg (6.25%)