



Apricot Chicken Curry

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups all-natural apricot nectar
- 4 carrots thinly sliced
- 8 skin-on chicken drumsticks
- 3 tablespoons madras curry powder
- 1 cup apricots dried
- 3 cloves garlic minced
- 1 large bell pepper green roughly chopped
- 2 tablespoons olive oil

- 1 large onion roughly chopped
- 0.5 teaspoon pepper flakes red to taste
- 4 servings salt and pepper to taste
- 1 tablespoon water

Equipment

- bowl
- frying pan
- oven
- pot

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Season the chicken drumsticks with salt and pepper.
- Heat olive oil in a large oven-safe skillet over medium heat. Stir in garlic and red pepper flakes; cook and stir until garlic is softened and is fragrant, 1 to 2 minutes.
- Place the drumsticks in the skillet, and brown the chicken on all sides, about 3 minutes on each side.
- Transfer the skillet to the oven.
- Bake the chicken drumsticks in the preheated oven until no longer pink at the bone and the juices run clear, 7 to 10 minutes.
- Bring the apricot nectar to a boil in a large pot over medium-high heat, then reduce heat to medium-low.
- Mix cornstarch and water together in a small bowl; stir cornstarch mixture and curry powder into the apricot nectar.
- Add dried apricots.
- Transfer the baked drumsticks into the apricot mixture.
- Heat the skillet used to cook the chicken over medium heat. Stir in the onion, green bell pepper, carrots, and green chile pepper; cook and stir until the onion has softened.
- Pour the drumsticks and apricot sauce into the skillet. Cover and simmer until the vegetables are tender, about 10 minutes. Season with salt and pepper. Stir in water chestnuts just before

serving.

Nutrition Facts



Properties

Glycemic Index:38.06, Glycemic Load:9.1, Inflammation Score:-10, Nutrition Score:31.537826113079%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg

Nutrients (% of daily need)

Calories: 588.42kcal (29.42%), Fat: 23.28g (35.82%), Saturated Fat: 4.93g (30.83%), Carbohydrates: 69.38g (23.13%), Net Carbohydrates: 62.09g (22.58%), Sugar: 55.11g (61.24%), Cholesterol: 139.31mg (46.44%), Sodium: 426.57mg (18.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.24g (60.48%), Vitamin A: 15005.92IU (300.12%), Vitamin C: 115.43mg (139.91%), Vitamin B3: 9.58mg (47.92%), Vitamin B6: 0.95mg (47.4%), Selenium: 31.48µg (44.97%), Potassium: 1287.98mg (36.8%), Vitamin E: 5.38mg (35.87%), Phosphorus: 347.3mg (34.73%), Manganese: 0.6mg (30.17%), Fiber: 7.29g (29.18%), Vitamin K: 28.05µg (26.71%), Vitamin B1: 0.38mg (25.03%), Zinc: 3.59mg (23.95%), Vitamin B2: 0.39mg (22.88%), Vitamin B5: 2.24mg (22.43%), Iron: 3.92mg (21.8%), Magnesium: 80.81mg (20.2%), Copper: 0.37mg (18.37%), Vitamin B12: 0.83µg (13.88%), Calcium: 120.19mg (12.02%), Folate: 40.19µg (10.05%), Vitamin D: 0.15µg (1.01%)