



HEALTH SCORE

54%

Aromatic Curry-and-Spice Chicken



Gluten Free



Dairy Free

READY IN



66 min.

SERVINGS



6

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups brown rice uncooked
- ☐ 36 ounce skinned and boned chicken breasts
- ☐ 1 stick cinnamon (3-inch)
- ☐ 1 tablespoon curry powder
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup golden raisins
- ☐ 2 medium size bell peppers green chopped

- ☐ 0.1 teaspoon ground cloves
- ☐ 0.5 teaspoon pepper
- ☐ 29 ounce canned tomatoes diced canned
- ☐ 0.8 teaspoon salt divided
- ☐ 0.3 cup slivered almonds toasted
- ☐ 2 medium size onions sweet chopped
- ☐ 4 teaspoons vegetable oil divided

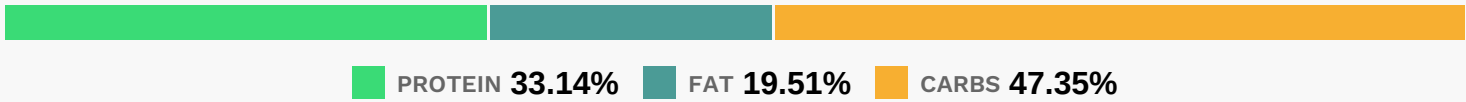
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Prepare rice according to package directions, omitting salt and fat. Keep rice warm.
- ☐ Sprinkle chicken evenly with 1/2 teaspoon salt and pepper; set aside.
- ☐ Saut chopped onions and bell peppers in 2 teaspoons hot oil in a large nonstick skillet over medium-high heat 8 minutes or until tender.
- ☐ Add garlic; saut 1 minute.
- ☐ Transfer onion mixture to a medium bowl; stir in remaining 1/4 teaspoon salt, tomatoes, and next 4 ingredients. Wipe skillet clean.
- ☐ Cook chicken in remaining 2 teaspoons hot oil in skillet over medium-high heat 6 minutes on each side or until browned.
- ☐ Pour tomato mixture evenly over chicken. Cover, reduce heat to medium low, and simmer 15 minutes. Uncover and simmer 10 minutes or until mixture is thickened and chicken is tender.
- ☐ Remove and discard cinnamon stick. Stir in cilantro, and top with almonds.
- ☐ Serve over brown rice.

Nutrition Facts



Properties

Glycemic Index:46.24, Glycemic Load:25.99, Inflammation Score:-9, Nutrition Score:37.914347933686%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg Quercetin: 17.18mg, Quercetin: 17.18mg, Quercetin: 17.18mg, Quercetin: 17.18mg

Nutrients (% of daily need)

Calories: 530.53kcal (26.53%), Fat: 11.65g (17.93%), Saturated Fat: 1.96g (12.27%), Carbohydrates: 63.64g (21.21%), Net Carbohydrates: 56.23g (20.45%), Sugar: 16.35g (18.16%), Cholesterol: 108.86mg (36.29%), Sodium: 682.54mg (29.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.54g (89.08%), Manganese: 2.52mg (125.86%), Vitamin B3: 22.09mg (110.43%), Vitamin B6: 2.01mg (100.25%), Selenium: 56.38µg (80.54%), Vitamin C: 52.53mg (63.67%), Phosphorus: 598.56mg (59.86%), Magnesium: 171.31mg (42.83%), Potassium: 1462.6mg (41.79%), Vitamin B5: 3.7mg (37.03%), Vitamin B1: 0.49mg (32.69%), Copper: 0.6mg (30.03%), Fiber: 7.41g (29.66%), Vitamin E: 3.85mg (25.69%), Iron: 4.35mg (24.18%), Vitamin B2: 0.36mg (21.33%), Zinc: 2.74mg (18.25%), Vitamin K: 18.75µg (17.85%), Folate: 67.39µg (16.85%), Calcium: 125.86mg (12.59%), Vitamin A: 519.69IU (10.39%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)