



Authentic Jamaican Curry Chicken

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tsp allspice
- 1 tbsp coconut oil
- 6 tbsp curry powder
- 1 tablespoon garlic
- 1 large bell pepper green chopped ()
- 0.5 medium onion chopped
- 2 tsp pepper black
- 1.5 teaspoons salt

- 3 spring onion chopped ()
- 1 scotch bonnet peppers minced seeded (and)
- 1 scotch bonnet peppers minced seeded (and)
- 3 lb chicken thighs skinless ()
- 2 sweet potatoes and into chopped ()
- 1 tbsp thyme leaves
- 2 cups water

Equipment

- dutch oven

Directions

- Season the chicken with all of the ingredients except for the potatoes and water and marinate up to 2 hours or overnight in the fridge.
- Add the oil to a Dutch oven and on high heat, fry the only the chicken pieces until it is brown and seared on each side for about 10 minutes. After the meat is nice and brown on both sides, add the remaining vegetable marinade, scotch bonnet pepper and water to the pot, cover and bring to a boil.
- Add the potatoes and lower to a simmer and stew it for about 1 hour until it has a thick consistency.

Nutrition Facts

 **PROTEIN 47.4%**  **FAT 29.03%**  **CARBS 23.57%**

Properties

Glycemic Index:91.5, Glycemic Load:12.48, Inflammation Score:-10, Nutrition Score:46.230434782609%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 2.75mg, Luteolin: 2.75mg, Luteolin: 2.75mg, Luteolin: 2.75mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.7mg, Quercetin: 4.7mg,

Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 588.13kcal (29.41%), Fat: 18.95g (29.15%), Saturated Fat: 6.61g (41.32%), Carbohydrates: 34.62g (11.54%), Net Carbohydrates: 26.21g (9.53%), Sugar: 7.05g (7.84%), Cholesterol: 323.18mg (107.73%), Sodium: 1252.54mg (54.46%), Protein: 69.61g (139.22%), Vitamin A: 16586.79IU (331.74%), Selenium: 79.67µg (113.82%), Vitamin B3: 20.35mg (101.75%), Vitamin B6: 2.03mg (101.63%), Phosphorus: 746.95mg (74.7%), Vitamin C: 50.26mg (60.92%), Manganese: 1.05mg (52.5%), Vitamin B5: 5.09mg (50.94%), Potassium: 1529.97mg (43.71%), Vitamin B2: 0.74mg (43.34%), Vitamin K: 45.44µg (43.28%), Zinc: 6.1mg (40.69%), Iron: 7.04mg (39.11%), Magnesium: 145.78mg (36.44%), Vitamin B12: 2.18µg (36.29%), Fiber: 8.41g (33.64%), Vitamin B1: 0.46mg (30.86%), Copper: 0.54mg (26.79%), Vitamin E: 3.24mg (21.59%), Calcium: 146.53mg (14.65%), Folate: 55.4µg (13.85%)