



## Baked Curry Chicken

 Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



3174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup apples coarsely chopped
- 2 Tbsp butter divided
- 1.5 cups chicken broth
- 2.5 lb chicken pieces dark white ( and meat)
- 3 cups rice hot cooked
- 2 tsp curry powder
- 0.8 cup baker's angel flake coconut divided
- 0.3 cup flour

- 1 Tbsp flour
- 1 clove garlic minced
- 0.5 cup onions chopped
- 0.3 tsp pepper
- 0.5 tsp salt

## Equipment

- bowl
- sauce pan
- oven
- baking pan

## Directions

- Preheat oven to 450F.
- Mix 1/4 cup flour, the salt and pepper in medium bowl.
- Add chicken, one piece at a time; turn to evenly coat both sides.
- Place, skin-sides up, in single layer in shallow baking pan. Dot with 1 Tbsp. of the butter.
- Bake 15 to 20 min. or until chicken begins to brown.
- Meanwhile, melt the remaining 1 Tbsp. butter in medium saucepan on medium-high heat.
- Add apples, onions, 1/4 cup of the coconut, the garlic and curry powder. Cook and stir until onions are tender but not browned. Stir in 1 Tbsp. flour and the chicken broth; bring to boil.
- Remove from heat. Reduce oven temperature to 350F.
- Pour sauce over chicken; sprinkle with the remaining 1/2 cup coconut.
- Bake 20 to 25 min. or until chicken is cooked through (180F). Spoon rice onto serving platter; top with the chicken and sauce.

## Nutrition Facts

 **PROTEIN 21.41%**  **FAT 52.2%**  **CARBS 26.39%**

## Properties

Glycemic Index:385, Glycemic Load:171.47, Inflammation Score:-10, Nutrition Score:63.863477997158%

## Flavonoids

Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 21.3mg, Quercetin: 21.3mg, Quercetin: 21.3mg, Quercetin: 21.3mg

## Nutrients (% of daily need)

Calories: 3174.07kcal (158.7%), Fat: 183.13g (281.74%), Saturated Fat: 75.03g (468.91%), Carbohydrates: 208.34g (69.45%), Net Carbohydrates: 189.13g (68.77%), Sugar: 23.08g (25.64%), Cholesterol: 585.38mg (195.13%), Sodium: 3310.57mg (143.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 169.03g (338.06%), Vitamin B3: 58.16mg (290.81%), Manganese: 5mg (249.78%), Selenium: 174.47µg (249.24%), Vitamin B6: 3.58mg (179.12%), Phosphorus: 1587.35mg (158.74%), Vitamin B5: 9.8mg (98%), Zinc: 14.62mg (97.43%), Vitamin B2: 1.53mg (90%), Magnesium: 307.41mg (76.85%), Fiber: 19.21g (76.84%), Iron: 13.66mg (75.89%), Copper: 1.43mg (71.37%), Vitamin B1: 1.05mg (70.1%), Potassium: 2417.31mg (69.07%), Vitamin A: 2199.71IU (43.99%), Vitamin B12: 2.49µg (41.48%), Folate: 162.7µg (40.68%), Vitamin E: 4.94mg (32.96%), Vitamin C: 26.41mg (32.01%), Calcium: 230.49mg (23.05%), Vitamin K: 19.81µg (18.86%), Vitamin D: 1.54µg (10.28%)