



Brandied Curry Chicken with Grapes

READY IN



55 min.

SERVINGS



4

CALORIES



1019 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons brandy
- 2 chicken legs and chicken breasts skinless cut in 1/2
- 1 tablespoon curry powder
- 3 tablespoons dijon mustard
- 1 tablespoon dill leaves fresh chopped
- 5 ounces extra wide egg noodles
- 2 cloves garlic minced
- 2.5 cups grapes green seedless
- 3 cups heavy cream

- 4 servings salt and pepper black freshly ground
- 2 tablespoons shallots minced
- 3 tablespoons vegetable oil

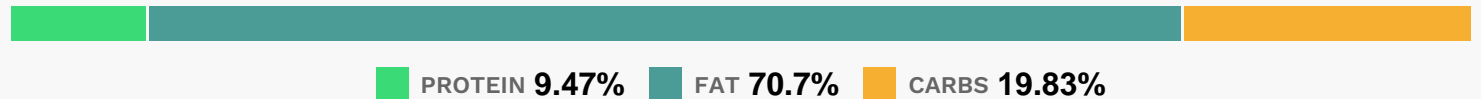
Equipment

- frying pan

Directions

- In a large skillet, heat 2 tablespoons of the oil over medium-high heat. Season chicken with salt and pepper and sear on both sides until golden.
- Remove from pan. In the same pan, add the remaining 1 tablespoon of oil, if needed, and saute shallots, garlic and curry. Deglaze with brandy, scraping up brown bits from the bottom of the pan.
- Add chicken back to pan and stir in heavy cream. Cover and bring to a simmer for 15 minutes.
- Add the grapes and noodles, return to a simmer, cover and cook for 15 to 20 minutes or until chicken juices run clear when poked with a fork. Stir in mustard and dill. Season, to taste, with salt and pepper and serve immediately.

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:18.48, Inflammation Score:-9, Nutrition Score:22.848695734273%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 1019.41kcal (50.97%), Fat: 79.69g (122.59%), Saturated Fat: 43.82g (273.88%), Carbohydrates: 50.28g (16.76%), Net Carbohydrates: 47.06g (17.11%), Sugar: 21.12g (23.46%), Cholesterol: 290.09mg (96.7%), Sodium: 244.94mg (10.65%), Alcohol: 3.76g (100%), Alcohol %: 1.15% (100%), Protein: 24.01g (48.02%), Selenium: 51.26µg (73.23%), Vitamin A: 2760.2IU (55.2%), Vitamin K: 42.12µg (40.12%), Phosphorus: 347.1mg (34.71%), Vitamin B2:

0.56mg (33.18%), Manganese: 0.55mg (27.48%), Vitamin B6: 0.54mg (27.16%), Vitamin B3: 4.77mg (23.84%),
Vitamin E: 3.28mg (21.84%), Vitamin D: 2.96µg (19.75%), Potassium: 654.62mg (18.7%), Vitamin B1: 0.25mg (16.6%),
Zinc: 2.49mg (16.57%), Calcium: 165.56mg (16.56%), Vitamin B5: 1.64mg (16.38%), Magnesium: 65.33mg (16.33%),
Copper: 0.32mg (15.83%), Iron: 2.42mg (13.47%), Fiber: 3.22g (12.88%), Vitamin B12: 0.76µg (12.59%), Folate:
26.89µg (6.72%), Vitamin C: 5.26mg (6.38%)