



Chicken Country Captain

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

READY IN



45 min.

SERVINGS



8

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf crumbled
- 2 bay leaves
- 0.5 teaspoon peppercorns black
- 28 ounce canned tomatoes diced undrained canned
- 2 carrots cut into 3-inch pieces
- 3 celery stalks cut into 3-inch pieces
- 3.5 pound meat from a rotisserie chicken
- 3 inch cinnamon sticks

- 1.5 teaspoons coriander seeds
- 1 teaspoon pepper red crushed
- 1 teaspoon cumin seeds
- 0.5 cup currants
- 1 tablespoon parsley fresh chopped
- 2 garlic cloves minced
- 2.5 cups bell pepper green chopped
- 0.3 teaspoon ground ginger
- 1 teaspoon ground turmeric
- 1 tablespoon olive oil
- 1 large onion unpeeled quartered
- 3 cups onion chopped
- 1 tablespoon teaspoon oregano dried fresh chopped
- 1.5 cups rice long-grain uncooked
- 0.5 teaspoon salt
- 0.5 cup slivered almonds toasted
- 1 tablespoon teaspoon thyme dried fresh chopped
- 3 quarts water

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- pot
- sieve
- blender
- dutch oven

Directions

- To prepare chicken, combine first 9 ingredients in a stockpot; bring to a boil. Reduce heat; simmer, uncovered, 1 hour.
- Remove from heat.
- Remove chicken from broth; place chicken in a bowl, and chill 15 minutes.
- Remove skin from chicken; remove chicken from bones, discarding skin and bones. Shred chicken with two forks; cover and chill. Strain broth through a sieve into a large bowl; discard solids. Cover and chill broth overnight. Skim solidified fat from surface; discard. Reserve 4 1/2 cups broth. Refrigerate remaining broth for another use.
- To prepare curry powder, cook coriander and cumin seeds in a small skillet over medium heat 3 minutes or until toasted.
- Place seeds, red pepper, and next 6 ingredients (red pepper through bay leaf) in a spice or coffee grinder; process until finely ground.
- Heat oil in a large Dutch oven over medium-high heat.
- Add onion, bell pepper, and garlic; saut 10 minutes.
- Combine curry powder and tomatoes in a blender or food processor; process until smooth.
- Add tomato mixture and 1 1/2 cups reserved broth to pan; bring to a boil. Reduce heat; simmer 45 minutes, stirring occasionally. Stir in chicken and currants; cook until thoroughly heated.
- Bring 3 cups reserved broth and salt to a boil in a saucepan.
- Add rice. Cover; reduce heat. Simmer 20 minutes or until liquid is absorbed.
- Remove from heat; fluff with a fork.
- Serve chicken mixture over rice; sprinkle with almonds.
- NOTE: Store leftover broth in an airtight container and refrigerate for up to 1 week or freeze for up to 3 months.

Nutrition Facts

 **PROTEIN 19.83%**  **FAT 35.99%**  **CARBS 44.18%**

Properties

Glycemic Index:54.5, Glycemic Load:22.84, Inflammation Score:-10, Nutrition Score:27.337826127591%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 2.64mg, Luteolin: 2.64mg, Luteolin: 2.64mg, Luteolin: 2.64mg Isorhamnetin: 4.12mg, Isorhamnetin: 4.12mg, Isorhamnetin: 4.12mg, Isorhamnetin: 4.12mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 17.09mg, Quercetin: 17.09mg, Quercetin: 17.09mg, Quercetin: 17.09mg

Nutrients (% of daily need)

Calories: 500.51kcal (25.03%), Fat: 20.44g (31.44%), Saturated Fat: 4.82g (30.14%), Carbohydrates: 56.45g (18.82%), Net Carbohydrates: 49.27g (17.91%), Sugar: 15.59g (17.32%), Cholesterol: 71.44mg (23.81%), Sodium: 388.22mg (16.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.34g (50.68%), Vitamin C: 57.8mg (70.06%), Vitamin A: 3258.22IU (65.16%), Manganese: 1.18mg (58.95%), Vitamin B3: 9.24mg (46.19%), Vitamin B6: 0.83mg (41.43%), Phosphorus: 299.2mg (29.92%), Selenium: 20.67µg (29.54%), Fiber: 7.19g (28.75%), Copper: 0.55mg (27.63%), Vitamin E: 4.09mg (27.26%), Potassium: 924.94mg (26.43%), Vitamin K: 27.26µg (25.97%), Magnesium: 94.52mg (23.63%), Iron: 4.11mg (22.86%), Vitamin B2: 0.33mg (19.48%), Vitamin B1: 0.26mg (17.64%), Vitamin B5: 1.74mg (17.42%), Zinc: 2.52mg (16.79%), Calcium: 146.36mg (14.64%), Folate: 51.31µg (12.83%), Vitamin B12: 0.3µg (4.92%), Vitamin D: 0.19µg (1.27%)