



## Chicken Curry

 Gluten Free

READY IN



20 min.

SERVINGS



5

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 box tuna
- 1.8 cups water hot
- 2 cups milk
- 0.3 cup butter
- 2 cups rotisserie chicken cut cubed (from 2- to 2 1/2-lb chicken)
- 1 teaspoons curry powder
- 1 serving coconut flakes flaked chopped

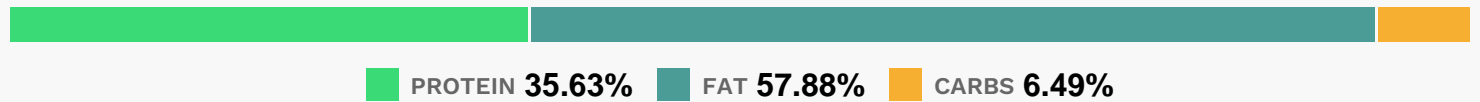
## Equipment

frying pan

## Directions

- In 10-inch skillet, stir together uncooked Pasta, Sauce
- Mix, hot water, milk, butter, chicken and curry powder.
- Heat to boiling, stirring occasionally.
- Reduce heat. Cover; simmer about 10 minutes, stirring occasionally, until pasta is tender.
- Remove from heat; uncover (sauce will thicken).
- Sprinkle with peanuts.

## Nutrition Facts



## Properties

Glycemic Index:8.6, Glycemic Load:1.74, Inflammation Score:-3, Nutrition Score:4.3321738984922%

## Nutrients (% of daily need)

Calories: 328.98kcal (16.45%), Fat: 21.34g (32.83%), Saturated Fat: 6.92g (43.24%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 4.92g (1.79%), Sugar: 4.87g (5.41%), Cholesterol: 102.63mg (34.21%), Sodium: 478.03mg (20.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.55g (59.11%), Calcium: 128.41mg (12.84%), Vitamin A: 568.16IU (11.36%), Phosphorus: 106.98mg (10.7%), Vitamin B12: 0.54µg (9.06%), Vitamin B2: 0.14mg (8.36%), Vitamin D: 1.08µg (7.17%), Potassium: 168.55mg (4.82%), Magnesium: 15.74mg (3.94%), Vitamin B5: 0.39mg (3.9%), Vitamin B1: 0.06mg (3.87%), Manganese: 0.08mg (3.8%), Vitamin B6: 0.07mg (3.59%), Selenium: 2.43µg (3.47%), Vitamin E: 0.5mg (3.32%), Zinc: 0.47mg (3.11%), Fiber: 0.46g (1.84%), Copper: 0.03mg (1.68%), Iron: 0.19mg (1.04%)