

Chicken Curry

 Gluten Free

READY IN



20 min.

SERVINGS



5

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

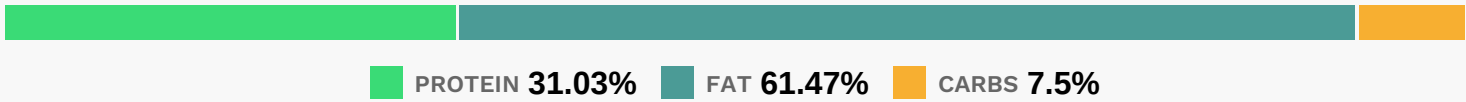
Equipment

☐ 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:-4, Nutrition Score:5.740434785252%

Nutrients (% of daily need)

Calories: 381.78kcal (19.09%), Fat: 26.5g (40.77%), Saturated Fat: 11.5g (71.85%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 5.51g (2%), Sugar: 5.46g (6.06%), Cholesterol: 102.63mg (34.21%), Sodium: 480.99mg (20.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.1g (60.21%), Manganese: 0.3mg (14.78%), Calcium: 130.49mg (13.05%), Phosphorus: 123.46mg (12.35%), Vitamin A: 568.16IU (11.36%), Vitamin B12: 0.54µg (9.06%), Vitamin B2: 0.15mg (8.83%), Vitamin D: 1.08µg (7.17%), Fiber: 1.76g (7.05%), Potassium: 211.99mg (6.06%), Magnesium: 22.94mg (5.74%), Selenium: 3.91µg (5.58%), Copper: 0.1mg (4.86%), Vitamin B6: 0.1mg (4.79%), Vitamin B5: 0.45mg (4.54%), Vitamin B1: 0.06mg (4.19%), Zinc: 0.63mg (4.18%), Vitamin E: 0.53mg (3.56%), Iron: 0.45mg (2.52%)