



Chicken Curry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 banana chopped
- ☐ 1 tablespoon canola oil
- ☐ 2 cups chicken stock see
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 2 tablespoons cornstarch
- ☐ 2 tablespoons curry powder
- ☐ 2 tablespoons ginger minced
- ☐ 14 oz lite coconut milk light canned

- ☐ 2 large onion diced
- ☐ 2 pounds chicken thighs boneless skinless chopped
- ☐ 2 tablespoons water

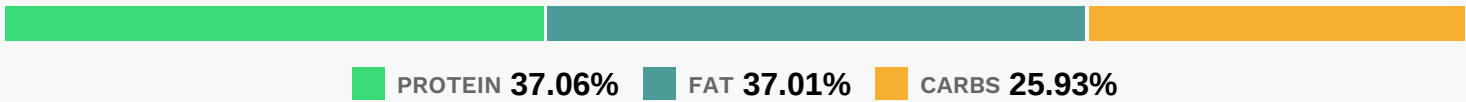
Equipment

- ☐ whisk
- ☐ pot

Directions

- ☐ Heat oil in pot on medium-high.
- ☐ Add onions; cook 7 minutes.
- ☐ Add curry and ginger; cook 1 minute.
- ☐ Add next 5 ingredients (through cilantro). Partly cover; simmer on medium-low for 30 minutes.
- ☐ Whisk cornstarch and water; stir into pot. Cook on high 1 minute.
- ☐ Add salt and pepper to taste.
- ☐ Garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:16.72, Glycemic Load:4.1, Inflammation Score:-4, Nutrition Score:12.936956483385%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg

Nutrients (% of daily need)

Calories: 268.53kcal (13.43%), Fat: 10.79g (16.6%), Saturated Fat: 4.88g (30.5%), Carbohydrates: 17.01g (5.67%), Net Carbohydrates: 15.05g (5.47%), Sugar: 6.21g (6.9%), Cholesterol: 109.53mg (36.51%), Sodium: 231.28mg (10.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.32g (48.63%), Selenium: 27.76µg (39.65%), Vitamin B3: 7.59mg (37.94%), Vitamin B6: 0.71mg (35.73%), Phosphorus: 251.76mg (25.18%), Vitamin B2: 0.29mg (16.96%), Potassium: 532.17mg (15.2%), Vitamin B5: 1.51mg (15.1%), Zinc: 1.98mg (13.23%), Vitamin B12: 0.73µg (12.1%), Magnesium: 44.88mg (11.22%), Manganese: 0.22mg (10.8%), Vitamin B1: 0.15mg (10.25%), Iron: 1.65mg (9.19%), Fiber: 1.96g (7.83%), Copper: 0.15mg (7.58%), Vitamin C: 5.75mg (6.97%), Vitamin K: 6.76µg (6.44%), Vitamin E: 0.9mg (6.02%), Folate: 23.13µg (5.78%), Calcium: 29.78mg (2.98%), Vitamin A: 70.18IU (1.4%)