



Chicken Curry

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



854 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings rice
- 14.5 oz canned tomatoes canned
- 0.3 teaspoon ground pepper
- 2 teaspoons curry powder (preferably Madras)
- 0.3 cup currants dried
- 3 garlic clove smashed chopped
- 10 oz okra whole frozen
- 3 oz roasted cashews unsalted chopped

- 1 teaspoon salt
- 1.5 lb chicken thighs boneless skinless (3 to 4)
- 13 oz coconut milk unsweetened canned
- 2 tablespoons vegetable oil

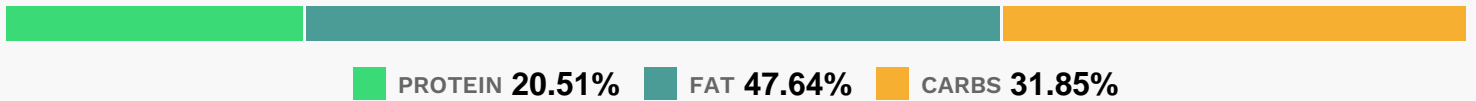
Equipment

- frying pan
- tongs

Directions

- Pat chicken dry and sprinkle with 1/2 teaspoon salt.
- Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown chicken, turning over once, about 5 minutes total.
- Transfer chicken with tongs to a plate. Stir garlic, curry, and cayenne into fat in skillet, then add coconut milk, tomatoes with their juice, currants, and remaining 1/2 teaspoon salt and bring to a simmer.
- Add okra and chicken along with any juices accumulated on plate and briskly simmer, partially covered, until chicken is cooked through, 15 to 20 minutes.
- Sprinkle with cashews.

Nutrition Facts



Properties

Glycemic Index:55.8, Glycemic Load:27.07, Inflammation Score:-8, Nutrition Score:39.91565181898%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 14.9mg, Quercetin: 14.9mg, Quercetin: 14.9mg, Quercetin: 14.9mg

Nutrients (% of daily need)

Calories: 853.76kcal (42.69%), Fat: 46.5g (71.54%), Saturated Fat: 24.36g (152.22%), Carbohydrates: 69.93g (23.31%), Net Carbohydrates: 61.64g (22.41%), Sugar: 15.44g (17.15%), Cholesterol: 161.59mg (53.86%), Sodium: 897.7mg (39.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.05g (90.1%), Manganese: 2.42mg (121.03%), Selenium: 55.27µg (78.95%), Vitamin B3: 13.41mg (67.03%), Phosphorus: 659.63mg (65.96%), Vitamin B6: 1.29mg (64.64%), Copper: 1.22mg (61.07%), Magnesium: 207.49mg (51.87%), Vitamin K: 54.02µg (51.45%), Potassium: 1442.13mg (41.2%), Zinc: 5.69mg (37.92%), Iron: 6.81mg (37.84%), Vitamin C: 29.67mg (35.96%), Vitamin B5: 3.41mg (34.12%), Fiber: 8.29g (33.17%), Vitamin B1: 0.49mg (32.83%), Vitamin B2: 0.48mg (28.31%), Folate: 98.42µg (24.61%), Vitamin E: 2.99mg (19.94%), Vitamin B12: 1.09µg (18.14%), Vitamin A: 837.87IU (16.76%), Calcium: 162.87mg (16.29%)