

Chicken Curry

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ounce almonds roughly chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 4 servings rice white cooked
- ☐ 2 tablespoons curry powder
- ☐ 0.5 cup basil leaves fresh
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1.5 cups heavy cream
- ☐ 1.5 teaspoons kosher salt

- ☐ 1.5 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 1 pound chicken breasts boneless skinless
- ☐ 1 medium onion yellow thinly sliced
- ☐ 2 medium zucchini thinly sliced

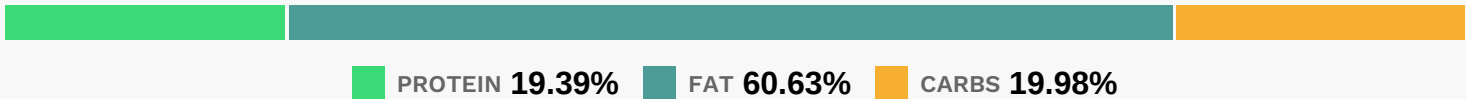
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Rinse the chicken and pat it dry with paper towels.
- ☐ Cut it into 1-inch pieces and place in a bowl.
- ☐ Sprinkle it with the curry and cinnamon, toss, and set aside.
- ☐ Heat 1 tablespoon of the oil in a large skillet over medium heat.
- ☐ Add the onion and zucchini and cook until softened, 3 to 5 minutes.
- ☐ Transfer to a plate.
- ☐ Heat the remaining oil in the skillet.
- ☐ Add the chicken and cook until browned on all sides, about 5 minutes total.
- ☐ Add the broth, cream, salt, and pepper. Bring to a gentle simmer. Return the onion and zucchini to the skillet and heat until the chicken is cooked through, 5 to 7 minutes. Divide the rice among individual bowls, top with the curry, and sprinkle with the basil and almonds. Tip: You can vary the ingredients depending on what you have on hand. Consider substituting coconut milk for the cream, eggplant for the zucchini, cilantro for the basil, or cashews for the almonds.

Nutrition Facts



Properties

Glycemic Index:68.25, Glycemic Load:24.93, Inflammation Score:-9, Nutrition Score:27.464347922284%

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: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg 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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 691.22kcal (34.56%), Fat: 47.23g (72.65%), Saturated Fat: 22.79g (142.43%), Carbohydrates: 35g (11.67%), Net Carbohydrates: 31.21g (11.35%), Sugar: 6.78g (7.53%), Cholesterol: 173.43mg (57.81%), Sodium: 1065.9mg (46.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.99g (67.97%), Vitamin B3: 14.28mg (71.39%), Selenium: 46.05µg (65.78%), Vitamin B6: 1.21mg (60.25%), Manganese: 0.96mg (48.24%), Phosphorus: 442.15mg (44.22%), Vitamin A: 1731.5IU (34.63%), Vitamin E: 4.7mg (31.34%), Vitamin B2: 0.51mg (29.96%), Potassium: 1013.59mg (28.96%), Vitamin C: 22.36mg (27.1%), Vitamin K: 27.31µg (26.01%), Vitamin B5: 2.43mg (24.27%), Magnesium: 95.47mg (23.87%), Copper: 0.31mg (15.73%), Fiber: 3.79g (15.17%), Iron: 2.59mg (14.38%), Calcium: 139.15mg (13.92%), Zinc: 2.08mg (13.87%), Vitamin B1: 0.19mg (12.42%), Folate: 49.03µg (12.26%), Vitamin D: 1.54µg (10.28%), Vitamin B12: 0.46µg (7.63%)