

Chicken Curry III

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



906 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup coconut milk
- 5 tablespoons curry powder
- 1 slice ginger root fresh
- 3 cloves garlic crushed
- 1 cup milk
- 2 tablespoons olive oil
- 3 small onions minced
- 2 large potatoes cubed

- 4 servings salt to taste
- 1 cup water
- 4 pound meat from a rotisserie chicken whole cut into 8 pieces
- 1 cup yogurt

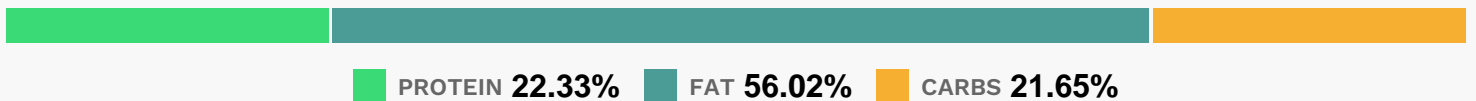
Equipment

- bowl
- frying pan

Directions

- In a small bowl, grind together garlic, onion and ginger. In a separate small bowl, mix together curry powder and 5 tablespoons water.
- Heat oil in a large skillet over medium high heat.
- Saute garlic, ginger and onion until browned; add curry paste and saute together until smell is strong and fragrant.
- Add yogurt, coconut milk and regular milk along with 1 cup of water, and stir all together. Then add potatoes and chicken and bring to a boil; reduce heat and simmer until potatoes are tender and chicken is cooked through, about 20 to 25 minutes.
- Season with salt to taste and simmer for another 2 minutes; the curry is ready!

Nutrition Facts



Properties

Glycemic Index:78.69, Glycemic Load:28.16, Inflammation Score:-8, Nutrition Score:36.049565294515%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.63mg, Isorhamnetin: 2.63mg, Isorhamnetin: 2.63mg, Isorhamnetin: 2.63mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.99mg, Quercetin: 11.99mg, Quercetin: 11.99mg, Quercetin: 11.99mg

Nutrients (% of daily need)

Calories: 906.45kcal (45.32%), Fat: 57.05g (87.77%), Saturated Fat: 23.7g (148.1%), Carbohydrates: 49.62g (16.54%), Net Carbohydrates: 42.12g (15.32%), Sugar: 9.69g (10.77%), Cholesterol: 178.58mg (59.53%), Sodium: 425.51mg (18.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.17g (102.34%), Vitamin B3: 17.56mg (87.81%), Vitamin B6: 1.56mg (77.84%), Phosphorus: 644.27mg (64.43%), Manganese: 1.19mg (59.56%), Vitamin C: 46.17mg (55.96%), Selenium: 36.28µg (51.83%), Potassium: 1702.56mg (48.64%), Iron: 7.71mg (42.81%), Magnesium: 152.31mg (38.08%), Zinc: 4.74mg (31.62%), Vitamin B5: 3.16mg (31.59%), Vitamin B2: 0.53mg (31.14%), Fiber: 7.5g (30%), Copper: 0.54mg (26.75%), Vitamin B1: 0.39mg (26.02%), Calcium: 259.44mg (25.94%), Vitamin E: 3.41mg (22.73%), Vitamin B12: 1.23µg (20.52%), Folate: 76.43µg (19.11%), Vitamin K: 19.02µg (18.12%), Vitamin A: 543.16IU (10.86%), Vitamin D: 1.17µg (7.78%)