



Chicken Curry with Chickpeas



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce chick peas drained canned
- ☐ 2 roasted chicken breast halves
- ☐ 1 teaspoon curry powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon ground cumin
- ☐ 4 servings salt and ground pepper black
- ☐ 3 cups quick-cooking rice
- ☐ 1 cup reserved roasted vegetables from roasted vegetable stew

☐ 1 cup yogurt

Equipment

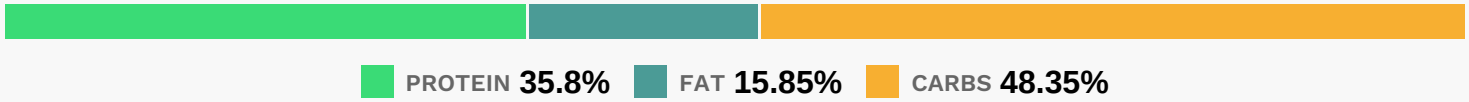
☐ frying pan

☐ sauce pan

Directions

- ☐ Prepare quick-cooking rice according to package instructions. Reserve 1 cup of cooked rice for later in the week.
- ☐ Cut chicken breasts into 1/2 to 1-inch pieces.
- ☐ Transfer chicken to a medium saucepan.
- ☐ Add chick peas, reserved roasted vegetables, yogurt, curry powder, and cumin and mix well to combine. Set pan over medium-low heat and cook 3 to 5 minutes to heat through.
- ☐ Remove from heat and stir in cilantro. Season, to taste, with salt and black pepper.
- ☐ Serve alongside rice.

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:4.47, Inflammation Score:-7, Nutrition Score:33.233043626599%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 599.97kcal (30%), Fat: 10.33g (15.89%), Saturated Fat: 3.23g (20.16%), Carbohydrates: 70.9g (23.63%), Net Carbohydrates: 64.73g (23.54%), Sugar: 2.92g (3.25%), Cholesterol: 118.33mg (39.44%), Sodium: 424.37mg (18.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.5g (105.01%), Vitamin B3: 19.95mg (99.73%), Selenium: 67.71µg (96.73%), Manganese: 1.58mg (79.06%), Vitamin B6: 1.57mg (78.67%), Vitamin B1: 0.98mg (65.1%), Phosphorus: 553.38mg (55.34%), Folate: 213.14µg (53.28%), Iron: 7.12mg (39.57%), Zinc: 3.99mg (26.62%), Fiber: 6.18g (24.7%), Magnesium: 88.93mg (22.23%), Vitamin B5: 2.11mg (21.12%), Potassium: 730mg (20.86%), Vitamin B2: 0.33mg (19.67%), Copper: 0.37mg (18.54%), Calcium: 149.53mg (14.95%), Vitamin B12: 0.82µg (13.68%), Vitamin K: 4.23µg (4.03%), Vitamin E: 0.52mg (3.5%), Vitamin A: 173.95IU (3.48%), Vitamin D: 0.38µg (2.56%)