



Chicken Curry with Squash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 1 pound cauliflower cut into florets
- ☐ 2 chiles with seeds, minced hot
- ☐ 0.5 cup coconut milk
- ☐ 2 tablespoons madras curry powder
- ☐ 2 tablespoons ginger fresh minced
- ☐ 2 garlic cloves minced
- ☐ 8 servings rice and lemon wedges for serving

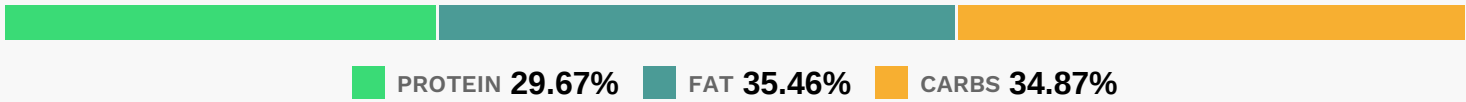
- ☐ 5 cups chicken broth low-sodium
- ☐ 1 onion finely chopped
- ☐ 8 servings salt and pepper freshly ground
- ☐ 1.5 pounds chicken breasts boneless skinless cut into 1-inch pieces
- ☐ 1.5 teaspoons turmeric
- ☐ 2 baby squash yellow cut into 1-inch pieces
- ☐ 2 pounds yukon gold potatoes peeled cut into 1 1/2-inch pieces

Equipment

Directions

- ☐ In a large enameled cast-iron casserole, heat the oil until shimmering.
- ☐ Add the onion, garlic, ginger and chiles and cook over moderate heat, stirring occasionally, until softened, about 5 minutes. Stir in the curry powder and turmeric and cook for 2 minutes.
- ☐ Add the broth and coconut milk and season with salt and pepper. Bring to a boil and simmer for 5 minutes.
- ☐ Add the potatoes and cook over moderate heat until barely tender, 5 minutes.
- ☐ Add the cauliflower and squash, cover partially and cook over moderately low heat, stirring occasionally, until the vegetables are tender, 15 minutes.
- ☐ Add the chicken to the casserole, season with salt and pepper and cook just until white throughout, about 5 minutes.
- ☐ Serve over rice, with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:49.66, Glycemic Load:16.59, Inflammation Score:-10, Nutrition Score:25.137391207011%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 338.6kcal (16.93%), Fat: 13.78g (21.2%), Saturated Fat: 4.12g (25.74%), Carbohydrates: 30.48g (10.16%), Net Carbohydrates: 25.25g (9.18%), Sugar: 4.53g (5.04%), Cholesterol: 54.43mg (18.14%), Sodium: 366.19mg (15.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.93g (51.87%), Vitamin C: 77.46mg (93.9%), Vitamin B6: 1.31mg (65.59%), Vitamin B3: 12.95mg (64.75%), Selenium: 28.52µg (40.74%), Potassium: 1348.52mg (38.53%), Phosphorus: 361.58mg (36.16%), Manganese: 0.62mg (30.91%), Fiber: 5.23g (20.9%), Vitamin B5: 2.07mg (20.73%), Magnesium: 82.52mg (20.63%), Vitamin K: 20.77µg (19.78%), Folate: 78.03µg (19.51%), Iron: 3.16mg (17.55%), Vitamin B2: 0.29mg (17.02%), Copper: 0.34mg (17.02%), Vitamin B1: 0.22mg (14.75%), Vitamin E: 1.93mg (12.87%), Zinc: 1.49mg (9.93%), Calcium: 60.74mg (6.07%), Vitamin B12: 0.32µg (5.29%), Vitamin A: 248.24IU (4.96%)