



Chicken Mulligatawny

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 5 cups rich chicken stock
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 4 servings rice hot cooked
- ☐ 1 teaspoon curry powder
- ☐ 0.3 cup flour all-purpose

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 medium size bell pepper green seeded chopped
- ☐ 1 large onion sliced
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt

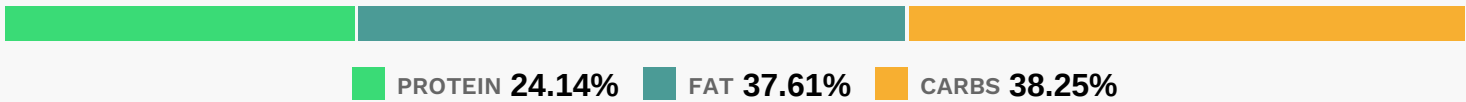
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Saut onion, green pepper, carrots, and celery in butter in a medium Dutch oven until vegetables are tender. Stir in flour; cook over medium heat 5 minutes, stirring constantly. Gradually add next 6 ingredients, stirring constantly; bring to a boil. Reduce heat; cover and simmer 1 hour.
- ☐ Serve over hot cooked rice in individual bowls.

Nutrition Facts



Properties

Glycemic Index:92.21, Glycemic Load:29.69, Inflammation Score:-10, Nutrition Score:22.733043173085%

Flavonoids

Apigenin: 4.67mg, Apigenin: 4.67mg, Apigenin: 4.67mg, Apigenin: 4.67mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg

Nutrients (% of daily need)

Calories: 489.98kcal (24.5%), Fat: 20.2g (31.07%), Saturated Fat: 4.73g (29.57%), Carbohydrates: 46.22g (15.41%), Net Carbohydrates: 43.64g (15.87%), Sugar: 8.06g (8.96%), Cholesterol: 61.5mg (20.5%), Sodium: 1222.54mg (53.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.17g (58.33%), Vitamin A: 3559.75IU (71.2%), Vitamin

B3: 11.47mg (57.33%), Selenium: 32.74µg (46.78%), Vitamin K: 42.29µg (40.28%), Vitamin C: 31.37mg (38.03%),
Vitamin B6: 0.7mg (34.96%), Manganese: 0.6mg (30.04%), Phosphorus: 289.63mg (28.96%), Vitamin B2: 0.45mg
(26.5%), Potassium: 728.68mg (20.82%), Vitamin B1: 0.28mg (18.5%), Copper: 0.32mg (16.14%), Folate: 56.83µg
(14.21%), Zinc: 2.13mg (14.18%), Iron: 2.54mg (14.11%), Magnesium: 50.86mg (12.71%), Vitamin B5: 1.19mg (11.95%),
Fiber: 2.58g (10.34%), Vitamin E: 0.95mg (6.33%), Calcium: 58.72mg (5.87%), Vitamin B12: 0.22µg (3.62%)