



## Chicken with Banana Curry Sauce

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 large bananas cut into pieces
- 3 tablespoons butter
- 4 chicken breasts bone-in skinless
- 2 tablespoons curry powder
- 1 teaspoon mustard dry
- 2 teaspoons ground coriander
- 0.5 teaspoon fresh-ground pepper black
- 4 teaspoons juice of lime

- 1 lime zest grated
- 1.3 teaspoons salt
- 0.8 cup water

## Equipment

- food processor
- oven
- whisk
- blender
- roasting pan

## Directions

- Heat the oven to 45
- In a food processor or blender, puree the bananas, curry powder, coriander, dry mustard, butter, lime zest, lime juice, salt, pepper, and 1/4 cup of the water.
- Make a few deep cuts in each chicken breast and put the breasts in a roasting pan.
- Pour the curry sauce over the chicken, making sure the sauce gets into the cuts. Roast in the bottom third of the oven until the chicken is just done, about 20 minutes.
- Remove the roasting pan from the oven and remove the chicken breasts from the pan. There should be plenty of thick sauce in the bottom of the pan. Set the pan over moderate heat and whisk in the remaining 1/2 cup water. Continue to whisk until the sauce is heated through, adding more water if you want a thinner sauce.
- Serve the chicken breasts with the sauce over them.
- Sprinkle with parsley if you like.
- Menu Suggestion: Be sure to have plenty of rice ready to catch the generous quantity of sauce.
- Wine Recommendation: A completely dry wine will taste coarse and acidic with the fruity and slightly sweet flavor here. Instead, choose a white with a touch of sweetness. An off-dry California chenin blanc, gewurtztraminer, or riesling will hold its own nicely.

## Nutrition Facts



■ PROTEIN 47.44% ■ FAT 33.16% ■ CARBS 19.4%

## Properties

Glycemic Index:43.44, Glycemic Load:8.01, Inflammation Score:-6, Nutrition Score:26.273912958477%

## Flavonoids

Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 415.62kcal (20.78%), Fat: 15.41g (23.71%), Saturated Fat: 6.85g (42.81%), Carbohydrates: 20.28g (6.76%), Net Carbohydrates: 16.49g (6%), Sugar: 8.79g (9.76%), Cholesterol: 167.21mg (55.74%), Sodium: 1061.75mg (46.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.61g (99.22%), Vitamin B3: 24.22mg (121.1%), Selenium: 75.01µg (107.15%), Vitamin B6: 1.99mg (99.45%), Phosphorus: 514.89mg (51.49%), Vitamin B5: 3.51mg (35.09%), Potassium: 1171.22mg (33.46%), Magnesium: 92.39mg (23.1%), Manganese: 0.41mg (20.67%), Vitamin C: 15.59mg (18.9%), Vitamin B2: 0.3mg (17.43%), Fiber: 3.8g (15.19%), Iron: 2.25mg (12.49%), Vitamin B1: 0.19mg (12.45%), Zinc: 1.65mg (11.02%), Vitamin E: 1.48mg (9.84%), Copper: 0.17mg (8.74%), Vitamin A: 415.69IU (8.31%), Vitamin B12: 0.47µg (7.83%), Folate: 30.27µg (7.57%), Calcium: 49.1mg (4.91%), Vitamin K: 5.09µg (4.85%), Vitamin D: 0.23µg (1.51%)