



Chicken with Cider and Dried Plums

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups apple cider
- 1 teaspoon pepper black freshly ground
- 1.5 teaspoons curry powder
- 1 cup plums dried pitted halved
- 0.5 cup golden raisins
- 2 tablespoons juice of lemon fresh
- 2 tablespoons olive oil
- 2 cups onion chopped (1 large)

- 1 teaspoon salt
- 0.8 cup shallots finely chopped (4)
- 36 ounce chicken breast halves boneless skinless

Equipment

- frying pan
- dutch oven

Directions

- Heat oil in a large Dutch oven over medium-high heat.
- Add chicken; cook 3 minutes on each side or until browned.
- Remove chicken from pan.
- Add onion and shallots to pan; saut 3 minutes or until lightly browned, stirring occasionally. Stir in cider, raisins, juice, salt, curry, and pepper.
- Add chicken; bring to a boil. Cover, reduce heat, and simmer 5 minutes. Uncover and cook 25 minutes, turning chicken occasionally. Stir in plums; cook 5 minutes.

Nutrition Facts



PROTEIN 35.84% **FAT 19.84%** **CARBS 44.32%**

Properties

Glycemic Index:36.74, Glycemic Load:15.86, Inflammation Score:-7, Nutrition Score:23.778695557428%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epicatechin: 3.71mg, Epicatechin: 3.71mg, Epicatechin: 3.71mg, Epicatechin: 3.71mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg 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: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.11mg, Quercetin:

12.11mg, Quercetin: 12.11mg, Quercetin: 12.11mg

Nutrients (% of daily need)

Calories: 423.63kcal (21.18%), Fat: 9.52g (14.64%), Saturated Fat: 1.71g (10.72%), Carbohydrates: 47.83g (15.94%), Net Carbohydrates: 43.01g (15.64%), Sugar: 30.5g (33.89%), Cholesterol: 108.86mg (36.29%), Sodium: 596.22mg (25.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.67g (77.35%), Vitamin B3: 18.63mg (93.14%), Selenium: 55.41µg (79.16%), Vitamin B6: 1.56mg (78.09%), Phosphorus: 432.5mg (43.25%), Potassium: 1205.3mg (34.44%), Vitamin B5: 2.76mg (27.64%), Manganese: 0.43mg (21.42%), Vitamin K: 22.32µg (21.26%), Magnesium: 77.97mg (19.49%), Fiber: 4.82g (19.27%), Vitamin B2: 0.28mg (16.68%), Vitamin C: 11.61mg (14.08%), Vitamin B1: 0.19mg (12.42%), Copper: 0.24mg (11.86%), Iron: 1.89mg (10.5%), Zinc: 1.41mg (9.37%), Vitamin E: 1.29mg (8.57%), Folate: 30.34µg (7.59%), Calcium: 61.33mg (6.13%), Vitamin A: 287.61IU (5.75%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)