



## Chicken with Peanut Curry Yogurt Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons crisco® canola oil
- 0.5 cup extra crunchy peanut butter jif®
- 1 tablespoon curry powder
- 3 cloves garlic chopped
- 1 cup onion chopped
- 1 cup yogurt plain
- 1 cup bell peppers green red chopped
- 4 chicken breasts boneless skinless cut into 1-inch pieces

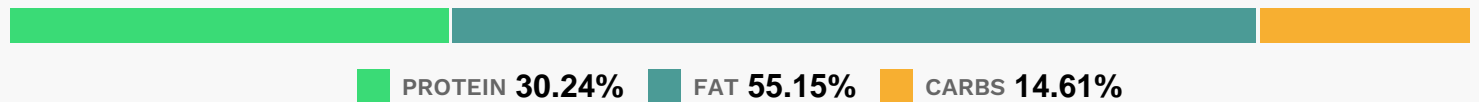
# Equipment

frying pan

# Directions

- Heat the oil in a large skillet over medium heat.
- Add the garlic, onions and bell pepper, cooking just until tender. Stir in the curry powder. Cook 1 minute.
- Season the chicken with salt and pepper, add it to the skillet. Cook and stir until browned.
- Combine yogurt and peanut butter. Stir into skillet, simmering until sauce is hot.
- Season dish to taste with additional salt and pepper, if needed.
- Serve with cooked rice.

# Nutrition Facts



# Properties

Glycemic Index:22.75, Glycemic Load:1.7, Inflammation Score:-7, Nutrition Score:24.218260728795%

# Flavonoids

Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg

# Nutrients (% of daily need)

Calories: 449.69kcal (22.48%), Fat: 28.34g (43.61%), Saturated Fat: 4.97g (31.04%), Carbohydrates: 16.89g (5.63%), Net Carbohydrates: 12.45g (4.53%), Sugar: 8.22g (9.13%), Cholesterol: 80.28mg (26.76%), Sodium: 319.87mg (13.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.97g (69.94%), Vitamin B3: 16.54mg (82.71%), Vitamin B6: 1.18mg (58.87%), Selenium: 40.93µg (58.47%), Vitamin C: 35.44mg (42.96%), Phosphorus: 426.09mg (42.61%), Manganese: 0.8mg (39.94%), Vitamin E: 3.99mg (26.57%), Potassium: 909.05mg (25.97%), Magnesium: 100.43mg (25.11%), Vitamin B5: 2.31mg (23.09%), Fiber: 4.44g (17.75%), Vitamin B2: 0.26mg (15.51%), Zinc: 2.12mg (14.13%), Copper: 0.28mg (14.08%), Folate: 52.18µg (13.04%), Calcium: 118.44mg (11.84%), Vitamin B1: 0.17mg (11.48%), Iron: 1.75mg (9.75%), Vitamin K: 9.95µg (9.48%), Vitamin B12: 0.45µg (7.54%), Vitamin A: 248.15IU (4.96%), Vitamin D: 0.17µg (1.16%)