



Chicken with Tomato-Ginger Chutney

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1.5 teaspoons ground fenugreek seeds whole
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 2 garlic cloves minced
- ☐ 0.8 teaspoon ground cumin
- ☐ 1 teaspoon ground mustard
- ☐ 1 tablespoon jalapeno chopped

- ☐ 0.3 teaspoon kosher salt
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion chopped 1 medium
- ☐ 1.5 cups plum tomatoes seeded chopped
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 1.5 teaspoons sugar

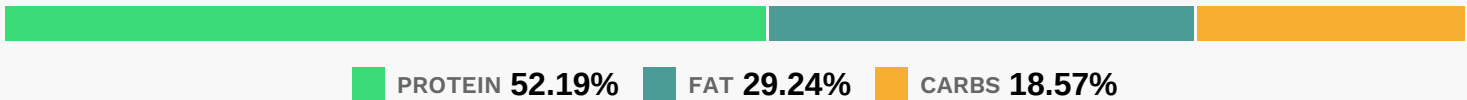
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ To prepare chicken, place flour in a shallow dish.
- ☐ Sprinkle chicken evenly with 1/4 teaspoon kosher salt; dredge chicken in flour.
- ☐ Heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken to pan; cook 6 minutes on each side or until chicken is done and lightly browned.
- ☐ Remove from pan; keep warm. Wipe pan with a paper towel.
- ☐ To prepare chutney, heat 1 teaspoon olive oil in pan over medium-high heat; add onion, ginger, and garlic to pan. Cook 4 minutes or just until tender.
- ☐ Add tomato and remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 20 minutes. Uncover and cook 6 minutes or until slightly thickened.
- ☐ Serve chutney with chicken.

Nutrition Facts



Properties

Glycemic Index:73.02, Glycemic Load:5.05, Inflammation Score:-8, Nutrition Score:22.923478473788%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 8.86mg, Quercetin: 8.86mg, Quercetin: 8.86mg, Quercetin: 8.86mg

Nutrients (% of daily need)

Calories: 299.15kcal (14.96%), Fat: 9.6g (14.77%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 13.72g (4.57%), Net Carbohydrates: 11.26g (4.09%), Sugar: 5.85g (6.5%), Cholesterol: 108.86mg (36.29%), Sodium: 467.08mg (20.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.56g (77.12%), Vitamin B3: 18.82mg (94.12%), Selenium: 57.92µg (82.75%), Vitamin B6: 1.45mg (72.36%), Phosphorus: 411.31mg (41.13%), Vitamin C: 22.93mg (27.8%), Potassium: 951.92mg (27.2%), Vitamin B5: 2.63mg (26.31%), Vitamin A: 837.36IU (16.75%), Magnesium: 66.45mg (16.61%), Manganese: 0.28mg (14.03%), Vitamin B1: 0.21mg (13.85%), Vitamin B2: 0.24mg (13.84%), Iron: 2.03mg (11.28%), Vitamin E: 1.64mg (10.92%), Vitamin K: 11µg (10.47%), Fiber: 2.47g (9.87%), Folate: 38.05µg (9.51%), Zinc: 1.35mg (8.99%), Copper: 0.16mg (7.78%), Vitamin B12: 0.4µg (6.62%), Calcium: 39.24mg (3.92%), Vitamin D: 0.17µg (1.13%)