



Cold Chicken Curry with Toasted Almonds and Crystallized Ginger

 Very Healthy

READY IN



70 min.

SERVINGS



4

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 6 skin-on chicken breast halves bone-in (or 3 full breasts)
- 4 servings butter softened for the rolls
- 1 carrots quartered
- 1 carrots shredded organic
- 2 to 3 celery stalks quartered
- 4 servings crystallized ginger very thinly sliced for garnish

- 2 tablespoons curry powder (see Cook's Note)
- 4 cloves garlic smashed
- 1 small apples green peeled finely chopped
- 1 juice of lemon
- 4 servings kosher salt
- 4 servings kosher salt and pepper freshly ground
- 1 optional: lemon sliced
- 4 brioche lobster rolls
- 1 onion quartered
- 4 servings herb bundle of parsley fresh with kitchen string
- 1 cup greek yogurt plain
- 4 servings sweet potato chips for serving
- 4 servings baby greens crispy chopped
- 4 scallions finely chopped
- 0.5 cup slivered almonds toasted

Equipment

- pot

Directions

- Put the chicken in a medium stockpot.
- Add the garlic, celery, bay leaf, carrots, lemons, onions and herb bundle and sprinkle with salt.
- Add enough water to cover the chicken. Bring to a boil, then reduce the heat to a simmer and cook for 45 minutes.
- Remove the chicken from the liquid and let cool. Strain the stock.
- Remove the skin and bones from the chicken, and shred the meat using your fingers or 2 forks.

Nutrition Facts



■ PROTEIN **34.89%** ■ FAT **28.08%** ■ CARBS **37.03%**

Properties

Glycemic Index:106.79, Glycemic Load:4.11, Inflammation Score:-10, Nutrition Score:45.868260585743%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 2.89mg, Epicatechin: 2.89mg, Epicatechin: 2.89mg, Epicatechin: 2.89mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 6.17mg, Eriodictyol: 6.17mg, Eriodictyol: 6.17mg, Eriodictyol: 6.17mg Hesperetin: 8.62mg, Hesperetin: 8.62mg, Hesperetin: 8.62mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 8.68mg, Apigenin: 8.68mg, Apigenin: 8.68mg, Apigenin: 8.68mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 1.73mg, Isorhamnetin: 1.73mg, Isorhamnetin: 1.73mg, Isorhamnetin: 1.73mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 10.46mg, Quercetin: 10.46mg, Quercetin: 10.46mg, Quercetin: 10.46mg

Nutrients (% of daily need)

Calories: 593.28kcal (29.66%), Fat: 18.79g (28.9%), Saturated Fat: 4.6g (28.73%), Carbohydrates: 55.75g (18.58%), Net Carbohydrates: 46.67g (16.97%), Sugar: 12.69g (14.1%), Cholesterol: 121.73mg (40.58%), Sodium: 981.99mg (42.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.51g (105.03%), Vitamin A: 12210.37IU (244.21%), Vitamin K: 173.88µg (165.6%), Selenium: 83.68µg (119.55%), Vitamin B3: 21.57mg (107.85%), Vitamin B6: 1.6mg (79.77%), Phosphorus: 619.15mg (61.92%), Manganese: 1.03mg (51.27%), Folate: 204.39µg (51.1%), Vitamin B2: 0.77mg (45.52%), Vitamin C: 36.63mg (44.4%), Potassium: 1382.18mg (39.49%), Vitamin B1: 0.55mg (36.55%), Fiber: 9.08g (36.3%), Vitamin E: 5.32mg (35.49%), Magnesium: 135.75mg (33.94%), Vitamin B5: 3.24mg (32.42%), Iron: 5.48mg (30.46%), Calcium: 240.97mg (24.1%), Copper: 0.42mg (20.92%), Zinc: 2.78mg (18.56%), Vitamin B12: 0.7µg (11.63%), Vitamin D: 0.17µg (1.13%)