



Colonel Benjamin's Curry Chicken

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

READY IN



45 min.

SERVINGS



6

CALORIES



764 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds baking potatoes peeled cut into 1-inch pieces
- 3 pounds chicken thighs
- 1 teaspoon chili powder
- 6 servings cilantro sprigs
- 3 cups rice hot cooked
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons cilantro leaves fresh chopped
- 1 teaspoon ginger fresh grated peeled

- 2 garlic cloves minced
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 0.3 teaspoon ground turmeric
- 2 tablespoons juice of lemon fresh
- 4 cups onion finely chopped
- 0.5 teaspoon salt
- 1 teaspoon salt
- 1.5 pounds tomatoes peeled coarsely chopped
- 1 teaspoon vegetable oil

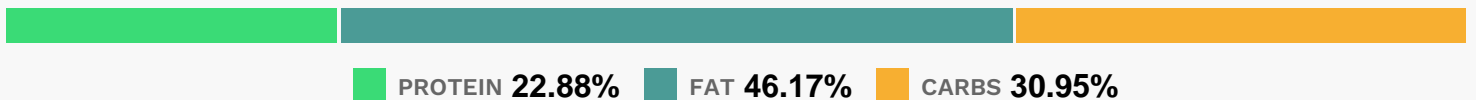
Equipment

- frying pan
- dutch oven

Directions

- Combine first 6 ingredients.
- Heat the oil in a Dutch oven over medium-high heat.
- Add onion and garlic; cook 15 minutes, stirring frequently.
- Add the cumin mixture, tomato, and juice. Reduce heat to medium, and cook 10 minutes, stirring occasionally.
- Sprinkle chicken with 1/2 teaspoon salt.
- Add chicken and potatoes to pan; stir in chopped cilantro. Bring to a boil; cover, reduce heat, and simmer 50 minutes or until chicken is done.
- Serve mixture over rice, and garnish with cilantro sprigs.

Nutrition Facts



Properties

Glycemic Index:61.96, Glycemic Load:42.34, Inflammation Score:-9, Nutrition Score:29.032608477966%

Flavonoids

Eriodictyol: 0.24mg, 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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 22.73mg, Quercetin: 22.73mg, Quercetin: 22.73mg, Quercetin: 22.73mg

Nutrients (% of daily need)

Calories: 764.08kcal (38.2%), Fat: 39.2g (60.31%), Saturated Fat: 10.45g (65.3%), Carbohydrates: 59.13g (19.71%), Net Carbohydrates: 54.02g (19.64%), Sugar: 8.15g (9.05%), Cholesterol: 222.26mg (74.09%), Sodium: 935.74mg (40.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.7g (87.4%), Vitamin B6: 1.52mg (76.15%), Selenium: 49.77µg (71.1%), Vitamin B3: 13.04mg (65.21%), Phosphorus: 513.88mg (51.39%), Manganese: 0.87mg (43.26%), Potassium: 1368.51mg (39.1%), Vitamin C: 27.53mg (33.37%), Vitamin B5: 3.24mg (32.4%), Magnesium: 105.71mg (26.43%), Zinc: 3.96mg (26.41%), Vitamin B2: 0.45mg (26.3%), Vitamin B1: 0.38mg (25.63%), Iron: 4.39mg (24.38%), Vitamin B12: 1.45µg (24.19%), Copper: 0.42mg (21.19%), Fiber: 5.11g (20.45%), Vitamin K: 15.09µg (14.37%), Folate: 56.17µg (14.04%), Calcium: 110.32mg (11.03%), Vitamin E: 1.55mg (10.3%), Vitamin A: 477.03IU (9.54%), Vitamin D: 0.23µg (1.51%)