



## Country Captain Chicken

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

READY IN



45 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup almonds toasted sliced
- 0.3 teaspoon pepper black
- 14.5 ounce canned tomatoes diced with jalapeño, undrained canned
- 1 tablespoon curry powder
- 0.3 cup currants dried
- 0.7 cup fat-skimmed beef broth fat-free
- 2 tablespoons thyme sprigs fresh divided chopped
- 2 garlic clove minced

- 0.8 cup bell pepper green thinly sliced ( 1 medium)
- 1.5 tablespoons olive oil
- 2.5 cups onion vertically sliced ( 2 medium)
- 0.3 teaspoon salt
- 1 pound chicken breast boneless skinless cut into 3/4-inch pieces

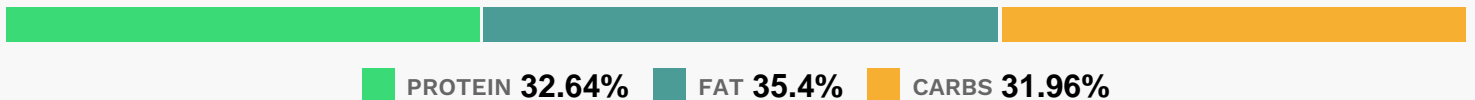
## Equipment

- frying pan

## Directions

- Combine curry powder, salt, and black pepper.
- Sprinkle chicken with curry mixture.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add chicken mixture to pan; saut 5 minutes.
- Add onion, bell pepper, and garlic; saut 3 minutes.
- Add broth, currants, 1 tablespoon thyme, and tomatoes; bring to a boil. Reduce heat, and simmer 5 minutes. Stir in remaining 1 tablespoon thyme; cook 1 minute.
- Sprinkle with almonds.

## Nutrition Facts



## Properties

Glycemic Index:55.5, Glycemic Load:6.33, Inflammation Score:-10, Nutrition Score:27.251304284386%

## Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 2.93mg, Luteolin: 2.93mg, Luteolin: 2.93mg, Luteolin: 2.93mg Isorhamnetin: 5.31mg, Isorhamnetin:

5.31mg, Isorhamnetin: 5.31mg, Isorhamnetin: 5.31mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 20.98mg, Quercetin: 20.98mg, Quercetin: 20.98mg, Quercetin: 20.98mg

## **Nutrients (% of daily need)**

Calories: 359.31kcal (17.97%), Fat: 14.72g (22.65%), Saturated Fat: 1.96g (12.28%), Carbohydrates: 29.9g (9.97%), Net Carbohydrates: 22.89g (8.32%), Sugar: 15.65g (17.39%), Cholesterol: 72.57mg (24.19%), Sodium: 577.58mg (25.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.54g (61.09%), Vitamin B3: 14.23mg (71.17%), Vitamin B6: 1.28mg (64.11%), Vitamin C: 47.34mg (57.38%), Selenium: 39.25µg (56.07%), Manganese: 0.84mg (42.16%), Phosphorus: 385.43mg (38.54%), Vitamin E: 5.67mg (37.77%), Potassium: 1133.36mg (32.38%), Fiber: 7.01g (28.05%), Magnesium: 107.5mg (26.88%), Copper: 0.47mg (23.32%), Vitamin B2: 0.38mg (22.12%), Vitamin B5: 2.18mg (21.81%), Iron: 3.83mg (21.29%), Vitamin B1: 0.26mg (17.39%), Calcium: 131.53mg (13.15%), Vitamin K: 13.33µg (12.69%), Folate: 49.98µg (12.49%), Zinc: 1.68mg (11.23%), Vitamin A: 548.92IU (10.98%), Vitamin B12: 0.3µg (5.04%)