



Creamy Chicken and Broccoli Curry

READY IN



30 min.

SERVINGS



4

CALORIES



612 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 oz broccoli florets frozen thawed
- 14 oz chicken broth canned
- 1.5 pounds chicken tenderloins
- 1.5 teaspoons curry powder hot (madras)
- 0.3 cup flour all-purpose
- 0.8 teaspoon kosher salt
- 2 cups onion coarsely chopped
- 0.5 teaspoon pepper
- 0.5 cup cream sour

3 tablespoons vegetable oil

Equipment

bowl

frying pan

slotted spoon

Directions

Place chicken tenders in a large bowl; sprinkle 1/2 tsp. salt and 1/4 tsp. pepper on top.

Add flour and stir to coat chicken.

In a large nonstick skillet, heat half of oil over medium-high heat.

Add half of chicken and cook, turning once or twice, until golden on both sides, about 4 minutes.

Transfer chicken to a plate and repeat using remaining oil and chicken tenders.

Add onion, curry powder, and remaining 1/4 tsp. each salt and pepper to pan and cook, stirring, until onion softens, about 5 minutes.

Add broth and bring to a boil. Reduce heat and simmer until sauce is reduced by half, 3 to 4 minutes. Return chicken to pan and cook, turning, for 2 minutes.

Add broccoli and cook, stirring, for 1 to 2 minutes.

Using a slotted spoon, transfer chicken and broccoli to plates.

Remove skillet from heat, stir in sour cream and then spoon sauce on top of chicken.

Nutrition Facts



PROTEIN 43.42% **FAT 42.74%** **CARBS 13.84%**

Properties

Glycemic Index:42.75, Glycemic Load:6.92, Inflammation Score:-9, Nutrition Score:36.363043318624%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg,

Isorhamnetin: 4.01mg Kaempferol: 6.08mg, Kaempferol: 6.08mg, Kaempferol: 6.08mg, Kaempferol: 6.08mg
Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 18.55mg, Quercetin:
18.55mg, Quercetin: 18.55mg, Quercetin: 18.55mg

Nutrients (% of daily need)

Calories: 612.17kcal (30.61%), Fat: 28.75g (44.23%), Saturated Fat: 7.8g (48.77%), Carbohydrates: 20.96g (6.99%),
Net Carbohydrates: 17.23g (6.27%), Sugar: 5.62g (6.25%), Cholesterol: 175.44mg (58.48%), Sodium: 1147.69mg
(49.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.72g (131.45%), Selenium: 78.71µg (112.45%), Vitamin
B3: 21.18mg (105.93%), Vitamin K: 95.6µg (91.05%), Vitamin C: 71.52mg (86.7%), Vitamin B6: 1.71mg (85.36%),
Phosphorus: 612.29mg (61.23%), Potassium: 1181.21mg (33.75%), Vitamin B5: 3.06mg (30.63%), Vitamin B2: 0.46mg
(27.25%), Zinc: 4.08mg (27.19%), Magnesium: 92.9mg (23.22%), Vitamin B12: 1.39µg (23.21%), Folate: 85.86µg
(21.46%), Manganese: 0.4mg (19.96%), Iron: 3.24mg (18%), Vitamin B1: 0.27mg (17.68%), Vitamin A: 857.67IU
(17.15%), Vitamin E: 2.33mg (15.5%), Fiber: 3.73g (14.9%), Calcium: 109.28mg (10.93%), Copper: 0.19mg (9.38%),
Vitamin D: 0.27µg (1.8%)