



Creamy Curried Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots frozen sliced
- ☐ 2 cups rice long-grain hot cooked
- ☐ 1 tablespoon curry powder
- ☐ 2 cups milk fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon lime rind grated

- ☐ 1 cup onion chopped
- ☐ 1 cup peas green frozen
- ☐ 0.8 teaspoon salt
- ☐ 1 pound chicken breasts boneless skinless cut into 1-inch pieces
- ☐ 1 tablespoon vegetable oil

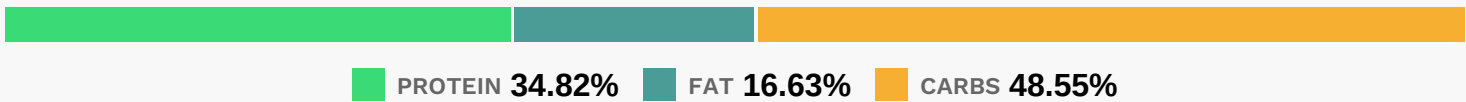
Equipment

- ☐ frying pan
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 3 ingredients.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken and onion; saut 5 minutes or until chicken is beginning to brown.
- ☐ Sprinkle flour mixture over chicken, stirring until chicken is thoroughly coated. Gradually add milk, stirring until smooth; add carrot. Bring to a boil; cover, reduce heat, and simmer 25 minutes, stirring occasionally.
- ☐ Stir in peas. Bring to a boil; cover, reduce heat, and simmer 5 minutes.
- ☐ Remove from heat; stir in cilantro, lime juice, and lime rind.
- ☐ Serve immediately over rice.

Nutrition Facts



Properties

Glycemic Index:109.1, Glycemic Load:33.52, Inflammation Score:-10, Nutrition Score:29.972173815188%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg

Nutrients (% of daily need)

Calories: 397.82kcal (19.89%), Fat: 7.26g (11.17%), Saturated Fat: 1.39g (8.69%), Carbohydrates: 47.68g (15.89%), Net Carbohydrates: 42.86g (15.59%), Sugar: 11.67g (12.97%), Cholesterol: 76.25mg (25.42%), Sodium: 646.09mg (28.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.19g (68.38%), Vitamin A: 6163.85IU (123.28%), Vitamin B3: 13.97mg (69.85%), Selenium: 48.5µg (69.28%), Vitamin B6: 1.18mg (58.94%), Phosphorus: 481.11mg (48.11%), Manganese: 0.77mg (38.63%), Vitamin C: 22.88mg (27.73%), Potassium: 952.99mg (27.23%), Vitamin K: 27.8µg (26.48%), Vitamin B5: 2.59mg (25.87%), Vitamin B2: 0.41mg (24.14%), Vitamin B1: 0.36mg (24.09%), Calcium: 215.1mg (21.51%), Magnesium: 80.24mg (20.06%), Fiber: 4.82g (19.28%), Folate: 65.13µg (16.28%), Vitamin B12: 0.94µg (15.62%), Zinc: 2.33mg (15.51%), Iron: 2.16mg (12.01%), Copper: 0.21mg (10.6%), Vitamin D: 1.46µg (9.74%), Vitamin E: 1.26mg (8.4%)