

Creole Chicken II

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 0.3 cup brown sugar
- 4 pounds chicken legs
- 2 cups chicken stock see
- 1 tablespoon curry powder
- 1 tablespoon parsley fresh chopped
- 2 cloves garlic minced
- 3 bell peppers diced green

- 1 tablespoon olive oil
- 4 onions chopped
- 1 cup raisins
- 6 servings salt and pepper to taste
- 8 ounces tomato paste

Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Rinse and pat dry the chicken pieces and rub them with brown sugar. In a large skillet, fry the chicken QUICKLY in hot oil (the sugar must not burn). When browned, remove to a 10x15 inch baking dish.
- Saute the onions and garlic in oil until soft.
- Add the sweet peppers, tomato paste, raisins, curry powder, chicken stock, bay leaf, salt, black pepper and parsley. Simmer for about 5 minutes.
- Pour the sauce mixture over the chicken, cover and bake in the preheated oven for 45 minutes.
- Remove cover and bake for another 30 minutes or until tender.

Nutrition Facts



PROTEIN 22.16% **FAT 46.05%** **CARBS 31.79%**

Properties

Glycemic Index:34.63, Glycemic Load:14.5, Inflammation Score:-8, Nutrition Score:26.138260877651%

Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 2.83mg, Luteolin: 2.83mg, Luteolin: 2.83mg, Luteolin: 2.83mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.14mg,

Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 16.22mg, Quercetin: 16.22mg, Quercetin: 16.22mg, Quercetin: 16.22mg

Nutrients (% of daily need)

Calories: 601.92kcal (30.1%), Fat: 31.42g (48.34%), Saturated Fat: 8.27g (51.72%), Carbohydrates: 48.8g (16.27%), Net Carbohydrates: 42.97g (15.62%), Sugar: 19.34g (21.49%), Cholesterol: 162.7mg (54.23%), Sodium: 766.76mg (33.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.01g (68.03%), Vitamin C: 64.67mg (78.39%), Vitamin B3: 11.29mg (56.43%), Selenium: 35.73µg (51.04%), Vitamin B6: 0.97mg (48.69%), Phosphorus: 377.22mg (37.72%), Potassium: 1263.23mg (36.09%), Vitamin B2: 0.45mg (26.7%), Vitamin K: 26.48µg (25.22%), Fiber: 5.83g (23.32%), Manganese: 0.44mg (22.09%), Iron: 3.91mg (21.71%), Copper: 0.43mg (21.59%), Zinc: 3.19mg (21.28%), Vitamin A: 1026.17IU (20.52%), Vitamin B5: 1.95mg (19.48%), Magnesium: 76.33mg (19.08%), Vitamin E: 2.83mg (18.83%), Vitamin B1: 0.28mg (18.42%), Vitamin B12: 0.97µg (16.09%), Folate: 38.74µg (9.69%), Calcium: 76.5mg (7.65%), Vitamin D: 0.17µg (1.15%)