



## Curried Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup apple juice
- 4 servings pepper black freshly ground
- 1 teaspoon curry powder
- 2 garlic cloves peeled cut in half lengthwise
- 2 tablespoons heavy cream
- 1 teaspoon kosher salt
- 0.5 cup chicken broth low-sodium
- 1 tablespoon olive oil

- 0.3 cup raisins
- 4 chicken breast halves boneless skinless
- 2 tablespoons slivered almonds toasted sliced

## Equipment

- frying pan
- whisk
- wax paper
- rolling pin

## Directions

- Using a rolling pin, pound the chicken between 2 sheets of wax paper until they are of uniform thickness.
- Heat the oil, garlic, and curry powder in a large skillet over medium-high heat until the oil shimmers and the garlic browns. (Don't burn the garlic.)
- Add the chicken breasts and cook until golden, 3 to 5 minutes on each side.
- Add the salt, pepper, apple juice, chicken broth, and raisins. cover, reduce heat to medium-low, and cook 3 minutes longer or until the chicken is fork-tender.
- Remove the chicken to a platter and keep warm. Increase heat to high and boil the sauce until thickened or syrupy, 3 to 5 minutes.
- Whisk in the heavy cream and pour the sauce over the chicken.
- Garnish with almonds.

## Nutrition Facts



## Properties

Glycemic Index:44.14, Glycemic Load:5.42, Inflammation Score:-3, Nutrition Score:14.313043459602%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

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

Calories: 264.13kcal (13.21%), Fat: 11.98g (18.42%), Saturated Fat: 3.13g (19.55%), Carbohydrates: 13.11g (4.37%), Net Carbohydrates: 11.59g (4.21%), Sugar: 3.49g (3.87%), Cholesterol: 80.79mg (26.93%), Sodium: 727.76mg (31.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.28g (52.56%), Vitamin B3: 12.53mg (62.64%), Selenium: 36.98µg (52.83%), Vitamin B6: 0.91mg (45.3%), Phosphorus: 287.71mg (28.77%), Potassium: 608.53mg (17.39%), Vitamin B5: 1.68mg (16.82%), Vitamin E: 2.18mg (14.55%), Vitamin B2: 0.22mg (12.82%), Magnesium: 49.8mg (12.45%), Manganese: 0.24mg (11.96%), Vitamin B1: 0.11mg (7.01%), Copper: 0.14mg (6.97%), Iron: 1.15mg (6.4%), Zinc: 0.92mg (6.15%), Fiber: 1.53g (6.1%), Vitamin B12: 0.27µg (4.46%), Calcium: 36.19mg (3.62%), Vitamin C: 2.69mg (3.27%), Vitamin K: 3.26µg (3.11%), Vitamin A: 150.12IU (3%), Folate: 8.12µg (2.03%), Vitamin D: 0.23µg (1.55%)