



## Curried Chicken Breasts

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon chili powder
- 2 teaspoons curry powder
- 1 clove garlic finely chopped
- 1 teaspoon juice of lime
- 1 tablespoon olive oil
- 0.3 cup yogurt plain (not nonfat)
- 4 servings salt
- 4 chicken breast halves boneless skinless

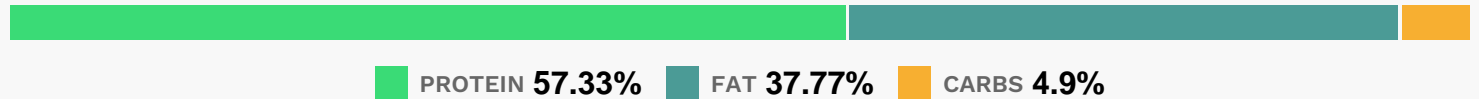
# Equipment

- bowl
- oven
- whisk
- kitchen thermometer
- glass baking pan

# Directions

- Preheat oven to 375F. In a small bowl, whisk together yogurt, oil, curry powder, chili powder, lime juice and garlic. Season with salt. Arrange chicken in an 8-inch square glass baking dish, pour yogurt mixture on top and turn chicken to coat.
- Bake for 25 to 30 minutes, until an instant-read thermometer inserted into center of chicken reads 165F.
- Let stand 5 minutes and serve.

# Nutrition Facts



# Properties

Glycemic Index:13.5, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:12.427391306214%

# Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 178.3kcal (8.92%), Fat: 7.3g (11.24%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 1.61g (0.58%), Sugar: 1.04g (1.16%), Cholesterol: 74.97mg (24.99%), Sodium: 343.2mg (14.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.95g (49.89%), Vitamin B3: 11.9mg (59.5%), Selenium: 36.99µg (52.84%), Vitamin B6: 0.88mg (44.23%), Phosphorus: 263.01mg (26.3%), Vitamin B5: 1.7mg (17%), Potassium: 479.47mg (13.7%), Magnesium: 35.41mg (8.85%), Vitamin B2: 0.15mg (8.85%), Vitamin E: 1.14mg (7.63%), Zinc: 0.85mg (5.65%), Vitamin B1: 0.08mg (5.59%), Vitamin B12: 0.3µg (5.03%), Iron: 0.85mg (4.7%), Vitamin A:

212.91IU (4.26%), Manganese: 0.08mg (4.12%), Calcium: 38.47mg (3.85%), Vitamin K: 3.92µg (3.73%), Vitamin C: 2.18mg (2.65%), Copper: 0.05mg (2.41%), Fiber: 0.53g (2.11%), Folate: 7.78µg (1.94%)