



Curried Chicken Legs with Okra and Potatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 tablespoons brown sugar packed
- ☐ 0.5 teaspoon cayenne
- ☐ 2 cinnamon sticks
- ☐ 1 tablespoon coriander seeds
- ☐ 2 teaspoons curry powder
- ☐ 1 leaves garnish: 2 tablespoons dry-roasted peanuts fresh
- ☐ 1.5 teaspoons fennel seeds
- ☐ 1 tablespoon gingerroot fresh minced peeled

- ☐ 2 large garlic cloves
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.5 pound okra
- ☐ 2 tablespoons tomato paste
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup water
- ☐ 1.5 pounds potatoes white boiling
- ☐ 4 chicken legs whole (2 pounds total)

Equipment

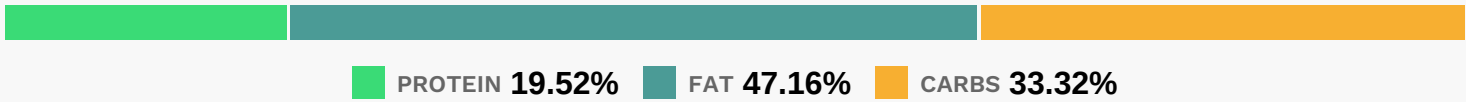
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ measuring cup

Directions

- ☐ Cut chicken legs into drumsticks and thighs and discard skin and any fat from chicken. (To remove skin from drumsticks, hold drumstick at large end, grip skin with a paper towel, and pull skin over small end.) Pat chicken dry. Mince garlic and in an electric coffee/spice grinder finely grind together coriander seeds, curry powder, fennel seeds, and cayenne. In a large bowl combine garlic, spice mixture, and gingerroot.
- ☐ Add chicken, tossing to coat, and season with salt.
- ☐ Cut potatoes into 1 1/2-inch pieces and trim okra stems (do not cut into pods). In a measuring cup stir together water, brown sugar, and tomato paste.
- ☐ In a 12-inch heavy skillet at least 2 inches deep heat oil over moderately high heat until hot but not smoking and brown chicken, about 5 minutes, transferring to a plate. In fat remaining in skillet brown potatoes on cut sides. Return chicken to skillet. Stir water mixture and add to skillet with cinnamon sticks. Simmer mixture, covered, 10 minutes. Stir in okra and simmer, covered, until vegetables are almost tender and chicken is cooked through, about 5 minutes more. Stir in lemon juice and simmer, uncovered, until most of liquid is evaporated. Season curry with salt.
- ☐ While curry is simmering, coarsely chop peanuts and dice mango.

Sprinkle curry with peanuts, mango, and cilantro.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:1.55, Inflammation Score:-8, Nutrition Score:25.990435076796%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 13.06mg, Quercetin: 13.06mg, Quercetin: 13.06mg, Quercetin: 13.06mg

Nutrients (% of daily need)

Calories: 530.88kcal (26.54%), Fat: 28.44g (43.75%), Saturated Fat: 6.82g (42.66%), Carbohydrates: 45.21g (15.07%), Net Carbohydrates: 37.9g (13.78%), Sugar: 11.71g (13.02%), Cholesterol: 119.8mg (39.93%), Sodium: 214.54mg (9.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.48g (52.96%), Manganese: 1.2mg (59.91%), Vitamin B3: 9.09mg (45.47%), Vitamin B6: 0.89mg (44.64%), Vitamin C: 35.38mg (42.88%), Potassium: 1379.07mg (39.4%), Vitamin K: 40.83µg (38.89%), Selenium: 25.78µg (36.83%), Phosphorus: 363.76mg (36.38%), Fiber: 7.31g (29.23%), Magnesium: 112.07mg (28.02%), Vitamin B1: 0.37mg (24.42%), Copper: 0.45mg (22.4%), Zinc: 3.04mg (20.29%), Iron: 3.63mg (20.16%), Vitamin B5: 1.95mg (19.52%), Folate: 75.46µg (18.87%), Vitamin B2: 0.3mg (17.48%), Vitamin A: 779.26IU (15.59%), Calcium: 130.31mg (13.03%), Vitamin B12: 0.72µg (12.02%), Vitamin E: 1.72mg (11.49%)