



 **27%**
HEALTH SCORE

Curried Chicken Penne with Fresh Mango Chutney

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 2 cups broccoli florets
- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 2 cups cauliflower florets
- 1 tablespoon curry powder
- 0.5 teaspoon ginger fresh peeled chopped

- 2 garlic minced
- 1 cup lite coconut milk light
- 1 tablespoon juice of lime fresh
- 2 cups mangos diced ripe peeled (2 mangoes)
- 1 teaspoon olive oil
- 1 cup onion finely chopped
- 4 cups penne pasta hot tube-shaped cooked uncooked (2 cups pasta)
- 1.5 teaspoons curry paste red
- 0.3 teaspoon salt
- 1 teaspoon salt
- 1 pound chicken breast boneless skinless cut into 1-inch pieces
- 2 tablespoons sugar
- 1 teaspoons thai fish sauce
- 0.5 cup water

Equipment

- frying pan
- sauce pan
- whisk

Directions

- To prepare chutney, combine first 9 ingredients in a medium saucepan; bring to a boil. Reduce heat, and simmer 15 minutes or until most of liquid evaporates and mixture is thick, stirring occasionally.
- To prepare chicken, heat oil in a large nonstick skillet over medium-high heat.
- Add garlic and chicken; saut 5 minutes.
- Combine coconut milk and next 4 ingredients (coconut milk through fish sauce), stirring with a whisk.
- Add coconut mixture to pan; bring to a simmer.

Add broccoli and cauliflower; cover and cook 7 minutes or until vegetables are crisp-tender, stirring occasionally. Stir in chutney and pasta; toss well to combine.

Sprinkle with green onions, if desired.

Nutrition Facts

PROTEIN 22.14% **FAT 11.72%** **CARBS 66.14%**

Properties

Glycemic Index:56.14, Glycemic Load:30.51, Inflammation Score:0, Nutrition Score:26.748695394267%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg

Nutrients (% of daily need)

Calories: 513.92kcal (25.7%), Fat: 6.67g (10.27%), Saturated Fat: 3.15g (19.71%), Carbohydrates: 84.76g (28.25%), Net Carbohydrates: 79.12g (28.77%), Sugar: 23.78g (26.42%), Cholesterol: 48.38mg (16.13%), Sodium: 708.67mg (30.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.37g (56.74%), Selenium: 73.55µg (105.07%), Vitamin C: 67.32mg (81.6%), Vitamin B3: 10mg (50.01%), Manganese: 0.97mg (48.7%), Vitamin B6: 0.92mg (45.87%), Vitamin K: 40.45µg (38.53%), Phosphorus: 356.71mg (35.67%), Potassium: 812.8mg (23.22%), Fiber: 5.64g (22.57%), Folate: 85.81µg (21.45%), Magnesium: 84.97mg (21.24%), Vitamin A: 1016.4IU (20.33%), Vitamin B5: 1.96mg (19.61%), Copper: 0.36mg (17.95%), Vitamin B1: 0.19mg (12.48%), Zinc: 1.87mg (12.47%), Vitamin B2: 0.21mg (12.36%), Iron: 2.2mg (12.22%), Vitamin E: 1.31mg (8.76%), Calcium: 70.77mg (7.08%), Vitamin B12: 0.16µg (2.6%)