



Curried Chicken with Mango Relish

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apple juice
- 0.3 cup apricots dried diced
- 2 teaspoons cider vinegar
- 1 teaspoon curry powder
- 1 teaspoon ginger fresh grated peeled
- 0.3 teaspoon ground allspice
- 0.1 teaspoon ground pepper red
- 0.3 cup juice of lime fresh

- 0.3 cup soya sauce low-sodium
- 2 cups mangos peeled chopped
- 24 ounce chicken breast halves boneless skinless

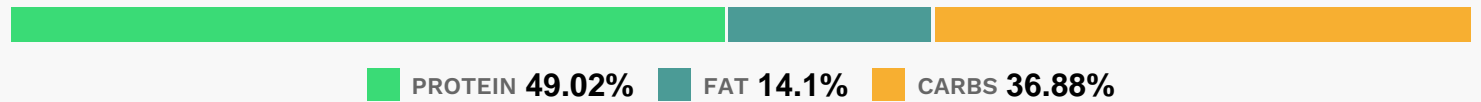
Equipment

- frying pan
- sauce pan
- ziploc bags
- grill pan

Directions

- To prepare chutney, combine first 7 ingredients in a saucepan, and bring to a boil. Reduce heat, and simmer for 20 minutes, stirring mixture occasionally.
- To prepare chicken, combine the soy sauce, juice, curry, and chicken in a zip-top plastic bag; seal and shake. Marinate in refrigerator 10 minutes, turning once.
- Heat a grill pan coated with cooking spray over medium-high heat.
- Remove chicken from bag; discard marinade.
- Add chicken to pan; cook 5 minutes on each side or until chicken is done.
- Serve with chutney.
- Garnish with a lime wedge, if desired.

Nutrition Facts



Properties

Glycemic Index:58.22, Glycemic Load:10.57, Inflammation Score:-8, Nutrition Score:24.418695817823%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 2.19mg, Catechin: 2.19mg, Catechin: 2.19mg, Catechin: 2.19mg

Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 318.27kcal (15.91%), Fat: 5.03g (7.73%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 29.58g (9.86%), Net Carbohydrates: 26.89g (9.78%), Sugar: 23.54g (26.15%), Cholesterol: 108.86mg (36.29%), Sodium: 967.67mg (42.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.31g (78.63%), Vitamin B3: 18.92mg (94.6%), Selenium: 55.45µg (79.22%), Vitamin B6: 1.45mg (72.44%), Vitamin C: 38.97mg (47.23%), Phosphorus: 421.32mg (42.13%), Potassium: 1068.82mg (30.54%), Vitamin B5: 2.77mg (27.67%), Vitamin A: 1376.43IU (27.53%), Magnesium: 77.19mg (19.3%), Vitamin B2: 0.28mg (16.25%), Folate: 55.67µg (13.92%), Manganese: 0.28mg (13.82%), Vitamin E: 1.8mg (12.02%), Vitamin B1: 0.16mg (10.79%), Fiber: 2.68g (10.74%), Copper: 0.2mg (10.21%), Iron: 1.6mg (8.88%), Zinc: 1.33mg (8.83%), Vitamin B12: 0.34µg (5.67%), Vitamin K: 4.81µg (4.58%), Calcium: 41.26mg (4.13%), Vitamin D: 0.17µg (1.13%)