



Curried Chicken with Mango Rice

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon brown sugar
- ☐ 1 cup chicken broth
- ☐ 1 teaspoon curry powder to taste
- ☐ 1 tablespoon parsley dried
- ☐ 1 cup mangos diced
- ☐ 0.5 teaspoon salt
- ☐ 4 chicken breast halves boneless skinless

- ☐ 0.5 cup water
- ☐ 1 cup rice long-grain white
- ☐ 0.5 cup white wine

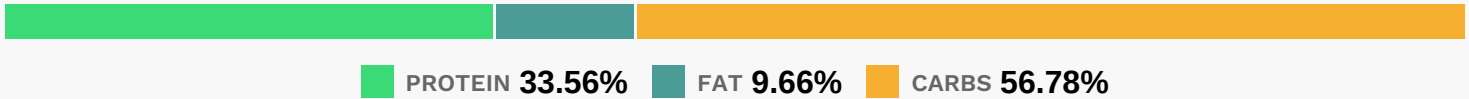
Equipment

- ☐ frying pan

Directions

- ☐ Combine curry powder, 1/4 teaspoon salt, and pepper. Rub mixture into chicken breasts. Set aside.
- ☐ In a large, non-stick skillet, combine chicken broth, water, and wine with rice. Stir in brown sugar, dried parsley, and remaining 1/4 teaspoon salt. Stir in mango. Arrange chicken pieces on top of rice, and bring to a boil. Cover, reduce heat to low, and simmer for 20 to 25 minutes.
- ☐ Remove from heat.
- ☐ Let stand, covered, until all liquid is absorbed, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:41.23, Glycemic Load:25.26, Inflammation Score:-7, Nutrition Score:17.821304321289%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg 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: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 365.31kcal (18.27%), Fat: 3.61g (5.56%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 47.77g (15.92%), Net Carbohydrates: 46.18g (16.79%), Sugar: 9.21g (10.23%), Cholesterol: 73.5mg (24.5%), Sodium: 648.82mg (28.21%), Alcohol: 3.09g (100%), Alcohol %: 1.21% (100%), Protein: 28.24g (56.47%), Vitamin B3: 13.03mg (65.17%), Selenium: 43.86µg (62.65%), Vitamin B6: 1mg (49.91%), Manganese: 0.7mg (34.87%), Phosphorus: 308.26mg (30.83%), Vitamin B5: 2.19mg (21.9%), Vitamin C: 17.05mg (20.67%), Potassium: 599.3mg (17.12%), Magnesium: 52.71mg (13.18%), Vitamin B2: 0.2mg (12%), Copper: 0.2mg (10.2%), Vitamin A: 496.71IU (9.93%), Vitamin K: 9.63µg (9.17%), Zinc: 1.33mg (8.85%), Vitamin B1: 0.13mg (8.83%), Iron: 1.27mg (7.06%), Folate: 27.98µg (6.99%), Fiber: 1.59g (6.37%), Vitamin E: 0.82mg (5.44%), Calcium: 40.39mg (4.04%), Vitamin B12: 0.24µg (3.96%)