



Curried Chicken with Plums and Ginger

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons crystallized ginger minced
- ☐ 1 teaspoon curry powder
- ☐ 0.8 cup cooking wine dry white divided
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 cup green onions sliced (1-inch) (4)
- ☐ 1 teaspoon poultry seasoning
- ☐ 1.5 pounds plums red quartered

- ☐ 0.3 teaspoon salt
- ☐ 6 skinned cut into 3 pieces
- ☐ 1 teaspoon vegetable oil

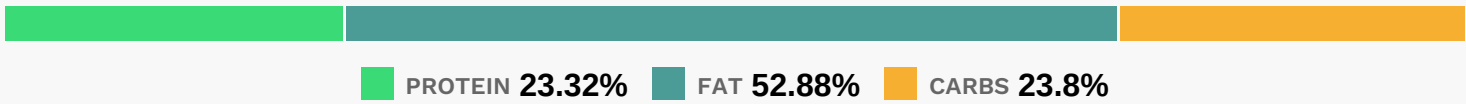
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Combine first 5 ingredients in a zip-top plastic bag, and add chicken. Seal and shake to coat.
- ☐ Remove the chicken from bag, shaking off excess flour.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add chicken, and cook 3 minutes on each side or until lightly browned.
- ☐ Remove chicken from pan; keep warm.
- ☐ Add onions to pan, and saut for 2 minutes.
- ☐ Add onions to chicken, and keep warm.
- ☐ Add plums and 1/4 cup wine to pan, scraping pan to loosen browned bits; cook 4 minutes or until plums are browned.
- ☐ Add 1/2 cup wine and ginger to pan; bring to a boil.
- ☐ Add the chicken mixture to pan, and bring to a boil. Reduce heat, and simmer 5 minutes or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:49.42, Glycemic Load:9.22, Inflammation Score:-8, Nutrition Score:20.61608699612%

Flavonoids

Cyanidin: 9.58mg, Cyanidin: 9.58mg, Cyanidin: 9.58mg, Cyanidin: 9.58mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Peonidin: 0.53mg, Peonidin: 0.53mg, Peonidin: 0.53mg, Peonidin: 0.53mg

Catechin: 5.26mg, Catechin: 5.26mg, Catechin: 5.26mg, Catechin: 5.26mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg Epicatechin 3–gallate: 1.29mg, Epicatechin 3–gallate: 1.29mg, Epicatechin 3–gallate: 1.29mg, Epicatechin 3–gallate: 1.29mg Epigallocatechin 3–gallate: 0.68mg, Epigallocatechin 3–gallate: 0.68mg, Epigallocatechin 3–gallate: 0.68mg, Epigallocatechin 3–gallate: 0.68mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 537.48kcal (26.87%), Fat: 29.95g (46.08%), Saturated Fat: 7.83g (48.96%), Carbohydrates: 30.32g (10.11%), Net Carbohydrates: 26.93g (9.79%), Sugar: 21.72g (24.13%), Cholesterol: 166.11mg (55.37%), Sodium: 283.36mg (12.32%), Alcohol: 4.64g (100%), Alcohol %: 1.4% (100%), Protein: 29.72g (59.44%), Vitamin K: 73.19µg (69.7%), Selenium: 33.29µg (47.56%), Vitamin B3: 9.02mg (45.08%), Vitamin B6: 0.68mg (34.14%), Phosphorus: 319.22mg (31.92%), Vitamin C: 20.98mg (25.43%), Potassium: 732.32mg (20.92%), Vitamin B5: 2.01mg (20.09%), Vitamin A: 987.07IU (19.74%), Vitamin B2: 0.32mg (18.58%), Vitamin B12: 1.08µg (18.08%), Zinc: 2.5mg (16.7%), Manganese: 0.31mg (15.29%), Vitamin B1: 0.22mg (14.75%), Magnesium: 57.04mg (14.26%), Fiber: 3.39g (13.55%), Iron: 2.43mg (13.49%), Copper: 0.22mg (11.07%), Folate: 38.38µg (9.6%), Vitamin E: 1.15mg (7.65%), Calcium: 54.39mg (5.44%), Vitamin D: 0.17µg (1.13%)