



Curried Chicken with Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



663 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds cut up chicken pieces
- ☐ 3 tablespoons curry powder
- ☐ 0.1 cup green onion chopped for topping
- ☐ 1 lime cut into wedges
- ☐ 12 ounce chutney
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup peanuts chopped
- ☐ 1 bell pepper red thinly sliced

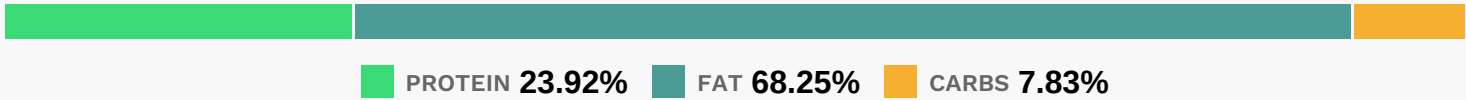
Equipment

☐ frying pan

Directions

- ☐ Rinse chicken and pat dry. In a large skillet heat oil until almost hot.
- ☐ Add chicken, skin side down. Brown chicken until lightly browned on both sides.
- ☐ Add curry powder, chutney and red bell pepper. Simmer 30 minutes over medium low heat. Top chicken with lime wedges, chopped scallions and peanuts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.81, Glycemic Load:0.97, Inflammation Score:-10, Nutrition Score:25.588261117106%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 662.73kcal (33.14%), Fat: 49.81g (76.63%), Saturated Fat: 13.08g (81.74%), Carbohydrates: 12.84g (4.28%), Net Carbohydrates: 9.31g (3.38%), Sugar: 1.73g (1.92%), Cholesterol: 144.58mg (48.19%), Sodium: 1442.27mg (62.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.28g (78.56%), Vitamin B3: 15.06mg (75.31%), Vitamin C: 59.39mg (71.98%), Vitamin A: 3283.9IU (65.68%), Vitamin B6: 0.85mg (42.7%), Selenium: 29.3µg (41.86%), Phosphorus: 346.4mg (34.64%), Manganese: 0.51mg (25.51%), Vitamin E: 3.6mg (24.03%), Iron: 3.76mg (20.87%), Vitamin K: 21.73µg (20.7%), Vitamin B5: 2.05mg (20.49%), Zinc: 3.01mg (20.04%), Magnesium: 72.34mg (18.09%), Vitamin B2: 0.29mg (16.91%), Potassium: 590.26mg (16.86%), Folate: 57.42µg (14.36%), Fiber: 3.54g (14.14%), Vitamin B1: 0.21mg (14.1%), Copper: 0.23mg (11.49%), Vitamin B12: 0.6µg (9.96%), Calcium: 62.35mg (6.24%), Vitamin D: 0.39µg (2.57%)