



Curried Chicken with Spring Peas

READY IN



45 min.

SERVINGS



6

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 6 cups rice hot cooked
- ☐ 1.5 tablespoons curry powder
- ☐ 16 ounce less-sodium chicken broth fat-free canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup ginger fresh minced peeled
- ☐ 2 garlic cloves minced
- ☐ 8 ounces apples i use 2 granny smith apples diced peeled
- ☐ 1.5 cups peas green shelled ()

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup cup heavy whipping cream sour low-fat
- ☐ 3 cups onion chopped
- ☐ 3 cups potatoes red cubed peeled (1-inch) (1 pound)
- ☐ 1 teaspoon salt
- ☐ 1 pound skinned
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons tomato paste
- ☐ 2 teaspoons vegetable oil

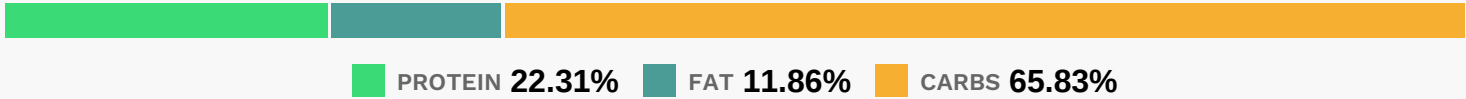
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat oil in a large nonstick saucepan over medium-high heat.
- ☐ Add onion, and saut 10 minutes or until browned, stirring frequently.
- ☐ Add the minced ginger, curry, cumin, cinnamon, and garlic; saut 1 minute.
- ☐ Add flour, tomato paste, sugar, salt, and pepper; cook 1 minute, stirring constantly (mixture will have a thick, pasty consistency).
- ☐ Gradually add chicken broth, scraping the pan to loosen browned bits, and bring to a boil.
- ☐ Add the cubed potato and diced apple, and bring mixture to a boil. Cover; reduce heat, and simmer 10 minutes.
- ☐ Add peas, and bring to a boil. Cover, reduce heat, and simmer 10 minutes or until peas and potatoes are tender.
- ☐ Add the chicken to pan, and simmer, uncovered, 6 minutes or until chicken is done.
- ☐ Remove from heat, and stir in the sour cream.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:82.4, Glycemic Load:55.14, Inflammation Score:-8, Nutrition Score:23.088695730852%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.85mg, Epicatechin: 2.85mg, Epicatechin: 2.85mg, Epicatechin: 2.85mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 18.02mg, Quercetin: 18.02mg, Quercetin: 18.02mg, Quercetin: 18.02mg

Nutrients (% of daily need)

Calories: 461.72kcal (23.09%), Fat: 6.06g (9.33%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 75.75g (25.25%), Net Carbohydrates: 69.17g (25.15%), Sugar: 12.2g (13.55%), Cholesterol: 52.86mg (17.62%), Sodium: 852.77mg (37.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.66g (51.33%), Manganese: 1.24mg (61.93%), Selenium: 40.92µg (58.46%), Vitamin B3: 10.67mg (53.37%), Vitamin B6: 1.01mg (50.63%), Phosphorus: 349.74mg (34.97%), Vitamin C: 28.27mg (34.27%), Fiber: 6.57g (26.28%), Potassium: 906.17mg (25.89%), Vitamin B5: 2.08mg (20.82%), Magnesium: 80.13mg (20.03%), Vitamin B1: 0.29mg (19.41%), Copper: 0.35mg (17.59%), Folate: 64.6µg (16.15%), Vitamin K: 16.51µg (15.72%), Iron: 2.62mg (14.56%), Vitamin B2: 0.25mg (14.5%), Zinc: 2.16mg (14.43%), Vitamin A: 465.57IU (9.31%), Calcium: 89.03mg (8.9%), Vitamin E: 1.08mg (7.22%), Vitamin B12: 0.36µg (5.93%)