



Curried Country Chicken

READY IN



30 min.

SERVINGS



2

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lb chicken breast boneless skinless cut into 1-inch pieces
- ☐ 0.3 cup onion chopped (1 small)
- ☐ 0.3 cup bell pepper green chopped
- ☐ 14.5 oz tomatoes diced undrained canned
- ☐ 0.3 cup golden raisins
- ☐ 0.5 teaspoon curry powder
- ☐ 0.1 teaspoon salt
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.7 cup baking mix bisquick heart smart®

- ☐ 3 tablespoons cornmeal
- ☐ 0.3 cup skim milk fat-free (skim)

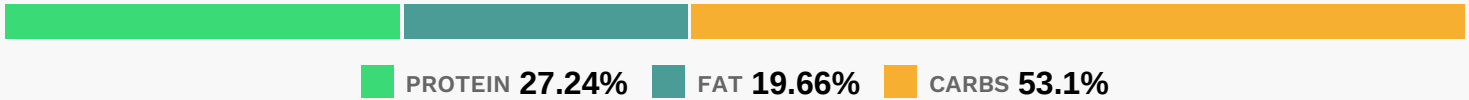
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In 3-quart nonstick saucepan, cook chicken over medium-high heat 3 minutes, stirring occasionally, until no longer pink in center. Stir in onion and bell pepper. Cook about 2 minutes, stirring occasionally, until vegetables are tender. Stir in tomatoes, raisins, curry powder, salt and nutmeg.
- ☐ Heat to boiling.
- ☐ Meanwhile, in small bowl, stir Bisquick mix, cornmeal and milk until soft dough forms.
- ☐ Drop dough by 4 spoonfuls onto hot chicken mixture. Reduce heat to medium-low. Cover; cook 10 to 12 minutes or until dumplings are dry.

Nutrition Facts



Properties

Glycemic Index:135.21, Glycemic Load:15.44, Inflammation Score:-7, Nutrition Score:28.4999999958536%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

Nutrients (% of daily need)

Calories: 475.64kcal (23.78%), Fat: 10.53g (16.2%), Saturated Fat: 2.53g (15.83%), Carbohydrates: 63.97g (21.32%), Net Carbohydrates: 58.09g (21.12%), Sugar: 23.92g (26.58%), Cholesterol: 74.6mg (24.87%), Sodium: 1102.35mg (47.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.82g (65.64%), Vitamin B3: 15.86mg (79.32%),

Vitamin B6: 1.35mg (67.51%), Phosphorus: 621.01mg (62.1%), Selenium: 41.52µg (59.32%), Vitamin C: 37.69mg (45.69%), Potassium: 1192.86mg (34.08%), Vitamin B1: 0.49mg (32.39%), Vitamin B2: 0.52mg (30.32%), Manganese: 0.54mg (26.92%), Iron: 4.55mg (25.29%), Vitamin B5: 2.52mg (25.15%), Magnesium: 94.75mg (23.69%), Fiber: 5.88g (23.52%), Calcium: 214.56mg (21.46%), Folate: 83.97µg (20.99%), Copper: 0.36mg (18.13%), Zinc: 1.97mg (13.16%), Vitamin E: 1.93mg (12.83%), Vitamin K: 11.41µg (10.87%), Vitamin B12: 0.62µg (10.33%), Vitamin A: 433.76IU (8.68%), Vitamin D: 0.56µg (3.75%)