



Curried Microwaved Chicken

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 apples cored peeled chopped
- 2 tablespoons butter
- 8 chicken thighs cut into bite size pieces
- 10.8 ounce cream of mushroom soup canned
- 3 teaspoons curry powder
- 0.8 cup mushrooms fresh sliced
- 1 cup heavy cream
- 1 onion chopped

- 1 teaspoon paprika
- 6 servings salt and pepper to taste

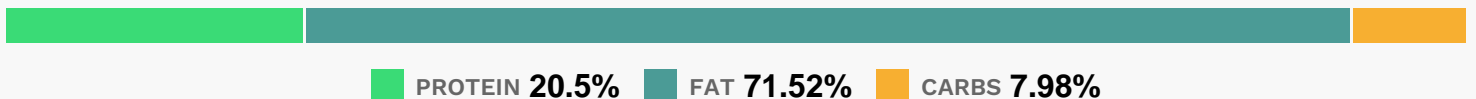
Equipment

- baking pan
- wax paper
- microwave

Directions

- In a microwave safe dish cook the apple and onion in the curry powder and butter or margarine on high power for 3 minutes. Stir in the soup, cream and salt and pepper.
- Place the chicken and mushrooms in an 8x12 inch microwave safe baking dish and cover with the curry sauce.
- Sprinkle the top with paprika.
- Cover with wax paper and microwave on at full power for 30 minutes. Test to see if chicken is done and tender. If not microwave at full power for another 15 to 20 minutes. Checking every 5 minutes or so.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:1.59, Inflammation Score:-6, Nutrition Score:15.495652260988%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg

Nutrients (% of daily need)

Calories: 559.21kcal (27.96%), Fat: 44.64g (68.68%), Saturated Fat: 18.93g (118.31%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 9.49g (3.45%), Sugar: 5.39g (5.99%), Cholesterol: 205.05mg (68.35%), Sodium: 713.03mg (31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.8g (57.59%), Selenium: 30.81µg (44.02%), Vitamin B3: 8.03mg (40.16%), Vitamin B6: 0.62mg (30.83%), Phosphorus: 300.42mg (30.04%), Vitamin B2: 0.37mg (21.97%), Vitamin A: 1008.03IU (20.16%), Vitamin B5: 1.96mg (19.63%), Vitamin B12: 1.12µg (18.7%), Zinc: 2.7mg (18.02%), Potassium: 532.12mg (15.2%), Manganese: 0.27mg (13.27%), Copper: 0.25mg (12.35%), Magnesium: 42.62mg (10.66%), Iron: 1.91mg (10.6%), Vitamin B1: 0.16mg (10.45%), Vitamin E: 1.17mg (7.77%), Fiber: 1.71g (6.84%), Vitamin K: 6.77µg (6.44%), Vitamin D: 0.81µg (5.4%), Calcium: 53.44mg (5.34%), Folate: 17.94µg (4.48%), Vitamin C: 3.36mg (4.07%)