



Curry Mango Chicken



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



677 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 tablespoons brown sugar
- ☐ 14 ounce coconut milk canned
- ☐ 2 cups chicken broth
- ☐ 1 tablespoon curry powder
- ☐ 2 teaspoons ginger root fresh minced
- ☐ 2 cloves garlic crushed
- ☐ 2 teaspoons ginger minced

- ☐ 2 tablespoons juice of lime
- ☐ 2 cups mangos peeled seeded chopped
- ☐ 1 onion chopped
- ☐ 1 pinch pepper flakes red
- ☐ 2 cups converted rice long-grain white rinsed
- ☐ 1 teaspoon salt
- ☐ 10 chicken thighs skinless
- ☐ 0.3 teaspoon thyme leaves
- ☐ 1 cup water
- ☐ 10 allspice whole

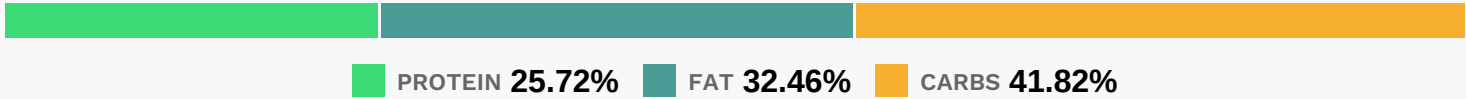
Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ In a large bowl, stir together the curry, ginger, garlic, red pepper flakes, salt, pepper, and thyme.
- ☐ Place the chicken in the bowl, and coat evenly with seasoning. Cover, and marinate for 2 hours or more.
- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a large bowl, stir together rice, mango, onion, garlic, and ginger. Season with curry, red pepper flakes, salt, thyme, allspice berries, and brown sugar. Stir in water, broth, and lime juice.
- ☐ Pour into a casserole dish, and arrange the marinated chicken on top. Then pour coconut milk over the top. Cover with aluminum foil.
- ☐ Bake in preheated oven for 1 hour.
- ☐ Remove foil, and cook 10 to 15 minutes more.
- ☐ Remove allspice berries before serving.

Nutrition Facts



Properties

Glycemic Index:49.49, Glycemic Load:34.03, Inflammation Score:-7, Nutrition Score:27.929130367611%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 677.01kcal (33.85%), Fat: 24.46g (37.63%), Saturated Fat: 16.11g (100.68%), Carbohydrates: 70.93g (23.64%), Net Carbohydrates: 67.01g (24.37%), Sugar: 16.9g (18.78%), Cholesterol: 180.48mg (60.16%), Sodium: 865.14mg (37.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.61g (87.21%), Selenium: 57.12µg (81.61%), Manganese: 1.49mg (74.35%), Vitamin B3: 12.64mg (63.22%), Vitamin B6: 1.08mg (54.01%), Phosphorus: 512.27mg (51.23%), Vitamin B5: 3.17mg (31.69%), Vitamin C: 25.42mg (30.81%), Zinc: 4.19mg (27.91%), Copper: 0.52mg (26.23%), Vitamin B2: 0.44mg (25.97%), Potassium: 882.13mg (25.2%), Magnesium: 96.56mg (24.14%), Iron: 3.67mg (20.42%), Vitamin B12: 1.22µg (20.35%), Vitamin B1: 0.28mg (18.44%), Fiber: 3.92g (15.69%), Vitamin A: 664.94IU (13.3%), Folate: 52.58µg (13.14%), Vitamin K: 9.17µg (8.74%), Vitamin E: 1.28mg (8.52%), Calcium: 73.97mg (7.4%)