



Curry-Style Chicken and Spinach

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.5 cup chicken broth
- ☐ 10 ounce pkt spinach frozen chopped
- ☐ 2 teaspoons garlic finely chopped
- ☐ 1 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 cup heavy cream

- ☐ 0.3 teaspoon onion powder
- ☐ 0.1 teaspoon pepper flakes red crushed
- ☐ 4 servings salt to taste
- ☐ 2 pounds chicken breast halves boneless skinless cut into 1 inch strips

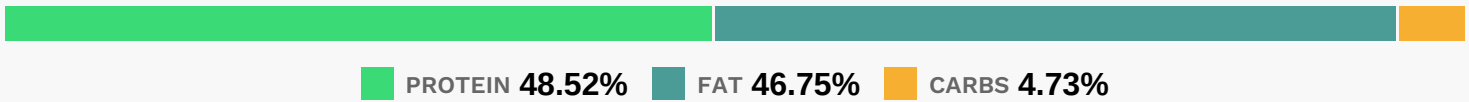
Equipment

- ☐ frying pan

Directions

- ☐ Melt the butter in a large skillet over medium-high heat. Cook and stir the chicken in the butter about 5 minutes, until browned.
- ☐ Season the chicken with the cumin, coriander, ginger, onion powder, and red pepper flakes.
- ☐ Mix in the garlic.
- ☐ Pour the chicken broth into the skillet, and bring the mixture to a boil.
- ☐ Stir in the spinach and cook about 5 minutes.
- ☐ Mix in the heavy cream, and cook until heated through. Continue cooking until the chicken is no longer pink and juices run clear. Salt to taste.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:0.15, Inflammation Score:-10, Nutrition Score:36.930434600167%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 430.52kcal (21.53%), Fat: 22.2g (34.15%), Saturated Fat: 11.3g (70.64%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 2.62g (0.95%), Sugar: 1.22g (1.36%), Cholesterol: 190.72mg (63.57%), Sodium: 693.27mg (30.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.83g (103.66%), Vitamin K: 265.59µg (252.94%), Vitamin A: 8955.23IU (179.1%), Vitamin B3: 24.18mg (120.92%), Selenium: 78.31µg (111.87%), Vitamin B6: 1.85mg (92.64%),

Phosphorus: 533.22mg (53.32%), Manganese: 0.76mg (37.96%), Vitamin B5: 3.38mg (33.76%), Potassium: 1136.93mg (32.48%), Magnesium: 118.26mg (29.57%), Folate: 113.18µg (28.29%), Vitamin B2: 0.45mg (26.42%), Vitamin E: 2.96mg (19.72%), Vitamin B1: 0.23mg (15.28%), Iron: 2.61mg (14.5%), Calcium: 129.52mg (12.95%), Zinc: 1.87mg (12.46%), Fiber: 2.43g (9.74%), Copper: 0.19mg (9.27%), Vitamin C: 7.36mg (8.93%), Vitamin B12: 0.51µg (8.48%), Vitamin D: 0.54µg (3.63%)