



 **64%**
HEALTH SCORE

Devil Curry

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



6

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.3 pounds rotisserie chicken breast meat boneless skinless cut into bite-size pieces
- 25 chile peppers
- 1 teaspoon ground allspice
- 1 teaspoon ground ginger
- 1 teaspoon ground turmeric
- 3 lemon grass
- 1 tablespoon mustard seed
- 2.3 pounds potatoes

- 6 onions red chopped
- 6 servings salt to taste
- 1 shrimp paste
- 3 tablespoons vegetable oil
- 2 cups water
- 1 tablespoon distilled vinegar white

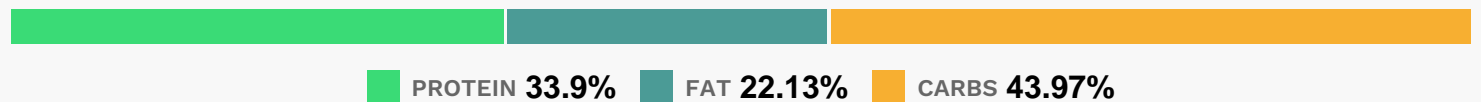
Equipment

- bowl
- frying pan

Directions

- Heat oil in a large skillet over medium high heat. In a medium bowl combine the onions, chile peppers, candlenuts, shrimp paste, turmeric, ginger, galangal, lemon grass and mustard seed. Blend together with a little water to form a fine paste.
- Add to skillet and saute until fragrant and almost dry.
- Add 2 cups water and bring all to a boil.
- Add chicken and potatoes. Reduce heat and let simmer about 20 minutes, or until chicken is cooked (no longer pink inside) and curry is quite thick in consistency.
- Add salt to taste.
- Remove from heat and add vinegar.
- Mix well and serve. This dish is best served with steamed white rice, as it is full of flavor.

Nutrition Facts



Properties

Glycemic Index:37.63, Glycemic Load:30.22, Inflammation Score:-10, Nutrition Score:40.366956622704%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 23.52mg, Quercetin: 23.52mg, Quercetin: 23.52mg

Nutrients (% of daily need)

Calories: 519.97kcal (26%), Fat: 13.05g (20.08%), Saturated Fat: 2.24g (13.99%), Carbohydrates: 58.35g (19.45%), Net Carbohydrates: 49.52g (18.01%), Sugar: 16.08g (17.86%), Cholesterol: 110.76mg (36.92%), Sodium: 433.31mg (18.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.99g (89.98%), Vitamin C: 313.54mg (380.05%), Vitamin B6: 2.87mg (143.73%), Vitamin B3: 22.17mg (110.84%), Selenium: 60.49µg (86.41%), Potassium: 2157.81mg (61.65%), Phosphorus: 586.33mg (58.63%), Manganese: 1.1mg (55.13%), Vitamin K: 42.91µg (40.87%), Magnesium: 148.38mg (37.1%), Vitamin A: 1844.25IU (36.88%), Fiber: 8.84g (35.35%), Vitamin B5: 3.46mg (34.57%), Vitamin B1: 0.45mg (29.86%), Copper: 0.55mg (27.56%), Iron: 4.73mg (26.3%), Folate: 103.18µg (25.8%), Vitamin B2: 0.43mg (25.01%), Zinc: 2.36mg (15.73%), Vitamin E: 2.32mg (15.44%), Calcium: 93.47mg (9.35%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)