



HEALTH SCORE

65%

Devil Curry



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 candlenuts
- ☐ 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
- ☐ 2 tablespoons water or as needed
- ☐ 1 tablespoon distilled vinegar white

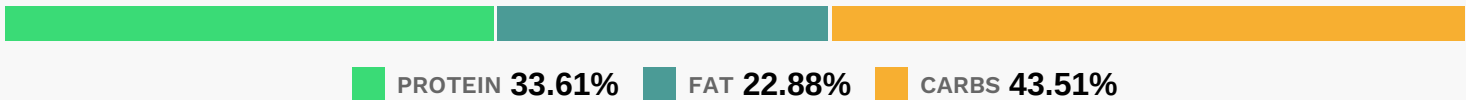
Equipment

- ☐ 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:40.8299999918523%

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, Quercetin: 23.52mg

Nutrients (% of daily need)

Calories: 525.49kcal (26.27%), Fat: 13.64g (20.98%), 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: 433.72mg (18.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.08g (90.16%), Vitamin C: 313.54mg (380.05%), Vitamin B6: 2.87mg (143.73%), Vitamin B3: 22.18mg (110.91%), Selenium: 60.49µg (86.41%), Potassium: 2168.03mg (61.94%), Phosphorus: 598.69mg (59.87%), Manganese: 1.1mg (55.13%), Vitamin K: 42.91µg (40.87%), Magnesium: 153.22mg (38.3%), Vitamin A: 1844.25IU (36.88%), Fiber: 8.84g (35.35%), Vitamin B5: 3.46mg (34.57%), Vitamin B1: 0.5mg (33.13%), Copper: 0.63mg (31.63%), Iron: 4.77mg (26.48%), Folate: 103.18µg (25.8%), Vitamin B2: 0.43mg (25.01%), Zinc: 2.39mg (15.95%), Vitamin E: 2.32mg (15.44%), Calcium: 95.26mg (9.53%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)