



 **16%**  
HEALTH SCORE

## Trinidadian Chicken Potato Curry

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**997 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 lbs chicken thighs bone in
- 2 lbs chicken thighs bone in
- 0.5 onion diced yellow
- 3 garlic clove roughly chopped
- 1 Tsp thyme sprigs fresh
- 1 Tsp scotch bonnet peppers
- 1 Tsp scotch bonnet peppers
- 0.3 Tsp ground ginger

- 0.3 tsp curry powder
- 1 Tsp coconut oil
- 1 Tsp cilantro leaves finely chopped
- 1 spring onion
- 1 Tbsp vegetable oil
- 0.5 onion yellow sliced
- 3 garlic clove minced
- 1.5 Tbsp curry powder
- 1 Tsp amchar masala
- 0.5 Tsp cumin
- 0.5 Tsp salt
- 1 cup water
- 2 potatoes cut into large cubes

## Equipment

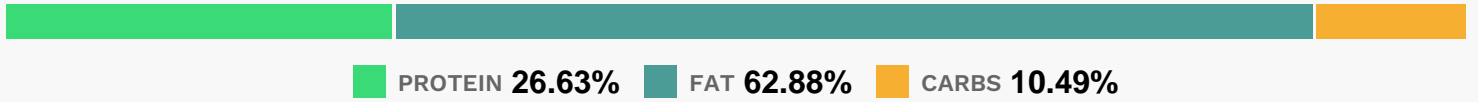
- pot
- dutch oven

## Directions

- Wash and pat dry chicken thighs. In a sealable container, combine all marinade ingredients. Toss chicken in marinade, cover and refrigerate for at least 2 hours.
- In a Dutch oven, heat vegetable oil over medium high heat.
- Add onions and saut until tender.
- Add garlic and continue to saut until fragrant.
- Sprinkle onions and garlic with curry powder and stir to evenly coat.
- Add 1 tablespoon of water and cook for one minute, stirring constantly.
- Add chicken and marinade. Saut until lightly browned, about 5 minutes.
- If you want a thick curry add potatoes now, otherwise set aside.
- Sprinkle chicken with amchar masala, cumin and salt. Toss to coat.

- Pour in one cup of water and bring to a boil.
- Reduce heat, cover pot and simmer for 20 minutes. If you reserved the potatoes for a thinner curry, add them to the pot after twenty minutes.
- Continue to simmer for an additional twenty minutes until chicken reaches an internal temperature of 165 F and potatoes are cooked through.
- Serve warm with roti or rice.

## Nutrition Facts



### Properties

Glycemic Index:108.44, Glycemic Load:14.78, Inflammation Score:-6, Nutrition Score:34.188260869565%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg

### Nutrients (% of daily need)

Calories: 997.05kcal (49.85%), Fat: 69.19g (106.44%), Saturated Fat: 18.82g (117.63%), Carbohydrates: 25.98g (8.66%), Net Carbohydrates: 21.97g (7.99%), Sugar: 2.32g (2.58%), Cholesterol: 377.84mg (125.95%), Sodium: 601.59mg (26.16%), Protein: 65.93g (131.86%), Selenium: 73.73µg (105.32%), Vitamin B3: 19.25mg (96.25%), Vitamin B6: 1.77mg (88.54%), Phosphorus: 697.25mg (69.73%), Vitamin B5: 4.3mg (43.02%), Vitamin B12: 2.47µg (41.13%), Potassium: 1358.91mg (38.83%), Zinc: 5.37mg (35.82%), Vitamin C: 29.16mg (35.34%), Vitamin B2: 0.57mg (33.46%), Magnesium: 111.19mg (27.8%), Vitamin B1: 0.4mg (26.91%), Iron: 4.58mg (25.45%), Manganese: 0.5mg (25.08%), Vitamin K: 25.7µg (24.47%), Copper: 0.38mg (18.77%), Fiber: 4.01g (16.04%), Vitamin E: 1.7mg (11.32%), Folate: 40.43µg (10.11%), Vitamin A: 396.11IU (7.92%), Calcium: 77.74mg (7.77%), Vitamin D: 0.39µg (2.57%)