



## Fragrant Chicken Curry

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

READY IN



45 min.

SERVINGS



6

CALORIES



605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14.5 ounce canned tomatoes diced canned
- 0.3 teaspoon cayenne pepper
- 14.5 ounce chicken broth canned
- 6 servings rice cooked
- 2 tablespoons curry powder
- 6 servings cilantro leaves fresh chopped
- 3 garlic cloves minced
- 0.5 teaspoon ground cinnamon

- 0.3 teaspoon ground cloves
- 1 teaspoon ground ginger
- 13.5 ounce coconut milk light canned
- 6 servings mango chutney
- 1 large onion halved thinly sliced
- 1 large rotisserie chicken cut
- 2 tablespoons vegetable oil

## Equipment

- bowl
- dutch oven

## Directions

- Mix spices in small bowl.
- Heat oil in a Dutch oven or small soup kettle over medium-high heat; add onion and saute until golden, 8 to 10 minutes.
- Add garlic; saute until fragrant, about 30 seconds.
- Add spices; toast until fragrant, 30 seconds to 1 minute.
- Add chicken; stir until completely coated with spices.
- Add coconut milk, tomatoes and broth. Bring to a simmer; cook uncovered until flavors blend and stew is thick, about 20 minutes.
- Remove from heat, sprinkle with cilantro and serve over rice. Pass chutney separately.

## Nutrition Facts



**PROTEIN 32.67%** **FAT 35.04%** **CARBS 32.29%**

## Properties

Glycemic Index:55.5, Glycemic Load:33.46, Inflammation Score:-4, Nutrition Score:12.938260802756%

## Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

## **Nutrients (% of daily need)**

Calories: 604.98kcal (30.25%), Fat: 23.28g (35.81%), Saturated Fat: 8.81g (55.08%), Carbohydrates: 48.26g (16.09%), Net Carbohydrates: 45.11g (16.4%), Sugar: 13.93g (15.48%), Cholesterol: 130.26mg (43.42%), Sodium: 830.71mg (36.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.83g (97.67%), Manganese: 0.84mg (42.08%), Selenium: 20.23µg (28.9%), Vitamin B6: 0.39mg (19.34%), Phosphorus: 182.09mg (18.21%), Zinc: 2.46mg (16.38%), Iron: 2.81mg (15.59%), Vitamin K: 16.21µg (15.44%), Vitamin B3: 2.96mg (14.79%), Copper: 0.27mg (13.38%), Vitamin E: 1.99mg (13.24%), Vitamin C: 10.71mg (12.98%), Fiber: 3.15g (12.59%), Potassium: 430.15mg (12.29%), Magnesium: 46.14mg (11.53%), Vitamin B12: 0.69µg (11.42%), Vitamin B2: 0.15mg (8.55%), Vitamin A: 331.07IU (6.62%), Calcium: 65.58mg (6.56%), Vitamin B1: 0.09mg (6.04%), Folate: 22.95µg (5.74%), Vitamin B5: 0.55mg (5.45%)