



Indian Spiced Chicken and Chutney

 Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



344 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 cup yogurt plain
- 1 tablespoon juice of lemon
- 2 teaspoons ginger grated
- 0.5 teaspoon paprika
- 0.5 teaspoon ground coriander
- 0.5 teaspoon salt
- 0.3 teaspoon ground pepper red (cayenne)
- 0.1 teaspoon ground cloves

- 1.3 lb chicken breast boneless skinless
- 0.5 cup mango chutney
- 1 serving rice long-grain white hot cooked

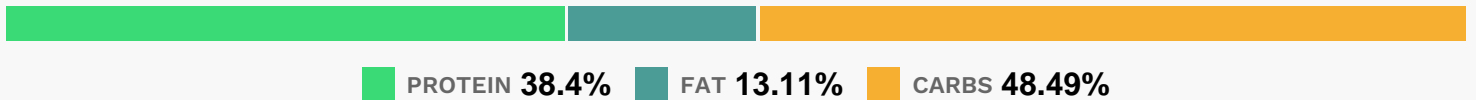
Equipment

- bowl
- frying pan
- ziploc bags

Directions

- In small bowl, mix all marinade ingredients.
- Place chicken in resealable food-storage plastic bag or shallow glass or plastic dish.
- Pour marinade over chicken; turn to coat. Seal bag or cover dish; refrigerate 1 hour.
- In 12-inch skillet, cook chicken and marinade over medium-high heat 15 to 20 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (165°F). Top with chutney.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:49.3, Glycemic Load:21.7, Inflammation Score:-4, Nutrition Score:16.443913265415%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 344.04kcal (17.2%), Fat: 4.9g (7.53%), Saturated Fat: 1.49g (9.3%), Carbohydrates: 40.72g (13.57%), Net Carbohydrates: 39.83g (14.48%), Sugar: 22.21g (24.67%), Cholesterol: 94.7mg (31.57%), Sodium: 484.01mg (21.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.25g (64.5%), Vitamin B3: 15.06mg (75.3%), Selenium:

48.73µg (69.61%), Vitamin B6: 1.11mg (55.54%), Phosphorus: 350.94mg (35.09%), Vitamin B5: 2.28mg (22.78%), Potassium: 637.98mg (18.23%), Vitamin B2: 0.23mg (13.48%), Magnesium: 47.39mg (11.85%), Manganese: 0.22mg (10.85%), Vitamin C: 7.25mg (8.78%), Zinc: 1.19mg (7.91%), Vitamin B1: 0.12mg (7.84%), Vitamin B12: 0.4µg (6.61%), Calcium: 59.35mg (5.94%), Copper: 0.12mg (5.84%), Iron: 0.96mg (5.35%), Vitamin A: 248.32IU (4.97%), Folate: 14.54µg (3.63%), Fiber: 0.9g (3.58%), Vitamin E: 0.48mg (3.17%), Vitamin D: 0.17µg (1.15%)