



Indian Spiced Chicken and Chutney

 Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



470 kcal

CONDIMENT

DIP

SPREAD

Ingredients

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

- ☐ 4 servings rice long-grain white hot cooked
- ☐ 0.5 teaspoon salt
- ☐ 1.3 lb chicken breast boneless skinless

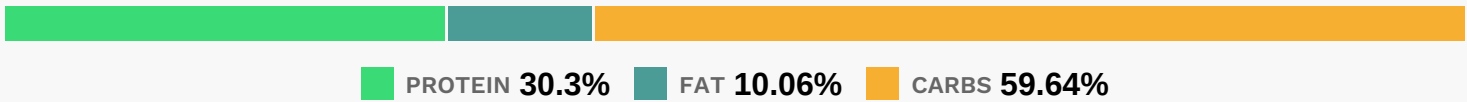
Equipment

- ☐ 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 (165F). Top with chutney.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:49.3, Glycemic Load:38.3, Inflammation Score:-4, Nutrition Score:18.909565371016%

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: 469.97kcal (23.5%), Fat: 5.12g (7.88%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 68.31g (22.77%), Net Carbohydrates: 66.96g (24.35%), Sugar: 22.25g (24.72%), Cholesterol: 94.7mg (31.57%), Sodium: 485.74mg (21.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.71g (69.42%), Vitamin B3: 15.61mg (78.06%),

Selenium: 53.94µg (77.05%), Vitamin B6: 1.17mg (58.37%), Phosphorus: 390.62mg (39.06%), Manganese: 0.59mg (29.61%), Vitamin B5: 2.63mg (26.28%), Potassium: 677.65mg (19.36%), Vitamin B2: 0.25mg (14.47%), Magnesium: 56.01mg (14%), Zinc: 1.56mg (10.42%), Copper: 0.19mg (9.64%), Vitamin B1: 0.14mg (9.45%), Vitamin C: 7.25mg (8.78%), Calcium: 69.01mg (6.9%), Iron: 1.24mg (6.88%), Vitamin B12: 0.4µg (6.61%), Fiber: 1.34g (5.38%), Vitamin A: 248.32IU (4.97%), Folate: 17.3µg (4.32%), Vitamin E: 0.51mg (3.42%), Vitamin D: 0.17µg (1.15%)