



Indian-Spiced Chicken with Tomato Chutney

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

READY IN



45 min.

SERVINGS



4

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 0.5 teaspoon curry powder
- 0.3 teaspoon ginger fresh minced peeled
- 1 garlic clove minced
- 0.5 teaspoon ground coriander
- 0.3 teaspoon ground cumin
- 1 teaspoon mustard seeds
- 1.5 teaspoons olive oil

- 2 teaspoons olive oil
- 2 tablespoons red wine vinegar
- 0.5 teaspoon salt
- 1 teaspoon serrano chiles minced seeded
- 0.3 cup shallots chopped
- 24 ounce chicken breast halves boneless skinless
- 1 tablespoon sugar
- 1 cup tomatoes seeded coarsely chopped

Equipment

- sauce pan
- grill

Directions

- To prepare chutney, heat 1 1/2 teaspoons oil in a small saucepan over medium heat.
- Add shallots and serrano; cook 2 minutes, stirring frequently.
- Add ginger and garlic; cook 30 seconds, stirring frequently.
- Add tomato, vinegar, sugar, mustard seeds, and 1/2 teaspoon salt; bring to a boil. Cover, reduce heat, and simmer 10 minutes. Uncover and simmer 5 minutes or until mixture is thick. Set aside, and keep warm.
- Prepare grill.
- To prepare chicken, heat 2 teaspoons oil in a small saucepan over medium heat.
- Add coriander, curry, cumin, and black pepper; cook 1 minute, stirring frequently.
- Brush mixture evenly on both sides of chicken; sprinkle evenly with 1/2 teaspoon salt.
- Place chicken on grill rack coated with cooking spray; grill 4 minutes on each side or until chicken is done.
- Serve chutney over chicken.

Nutrition Facts



■ PROTEIN 58.14% ■ FAT 29.54% ■ CARBS 12.32%

Properties

Glycemic Index:56.27, Glycemic Load:3.17, Inflammation Score:-5, Nutrition Score:19.157391149065%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 262.7kcal (13.14%), Fat: 8.39g (12.91%), Saturated Fat: 1.49g (9.3%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 6.59g (2.4%), Sugar: 5.23g (5.81%), Cholesterol: 108.86mg (36.29%), Sodium: 493.08mg (21.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.16g (74.33%), Vitamin B3: 18.06mg (90.31%), Selenium: 56.42µg (80.6%), Vitamin B6: 1.37mg (68.68%), Phosphorus: 385.93mg (38.59%), Vitamin B5: 2.51mg (25.13%), Potassium: 791.62mg (22.62%), Magnesium: 56.99mg (14.25%), Vitamin B2: 0.19mg (10.94%), Vitamin C: 8.97mg (10.88%), Vitamin B1: 0.14mg (9.43%), Manganese: 0.18mg (9.16%), Zinc: 1.2mg (7.98%), Vitamin E: 1.14mg (7.58%), Vitamin A: 371.63IU (7.43%), Iron: 1.26mg (7.01%), Vitamin K: 6.08µg (5.79%), Vitamin B12: 0.34µg (5.67%), Fiber: 1.28g (5.12%), Copper: 0.1mg (4.87%), Folate: 19.2µg (4.8%), Calcium: 26.51mg (2.65%), Vitamin D: 0.17µg (1.13%)