



Indian Style Chicken with Apples

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup chicken broth
- 2 granny smith apples cored peeled sliced
- 1 teaspoon ground cinnamon
- 2 tablespoons olive oil
- 1 cup yogurt plain
- 1 bell pepper red seeded sliced into strips
- 1 tablespoon curry paste red
- 4 servings salt and pepper to taste

- 4 chicken breast halves boneless skinless cut into strips
- 1 large onion diced sweet

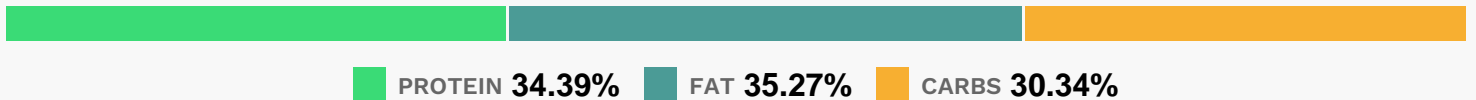
Equipment

- frying pan

Directions

- Heat the olive oil in a large skillet over medium-high heat. Fry the chicken until golden brown, 5 to 10 minutes.
- Remove from the skillet and set aside.
- Add the onion and apple to the skillet and reduce the heat to medium. Cook and stir until the onions are translucent, about 8 minutes.
- Add the bell pepper; continue to cook and stir for another 5 minutes. Season with curry paste and cinnamon; cook for a few more minutes to intensify the flavors.
- Stir in the chicken broth and yogurt. Return chicken to the skillet and simmer for a few minutes to heat through.
- Remove from the heat, season to taste with salt and pepper, and let stand for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:4.24, Inflammation Score:-9, Nutrition Score:20.940869481667%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg

Nutrients (% of daily need)

Calories: 316.91kcal (15.85%), Fat: 12.57g (19.34%), Saturated Fat: 3.06g (19.1%), Carbohydrates: 24.32g (8.11%), Net Carbohydrates: 20.36g (7.4%), Sugar: 18.13g (20.14%), Cholesterol: 80.87mg (26.96%), Sodium: 471mg (20.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.57g (55.15%), Vitamin B3: 12.39mg (61.93%), Vitamin C: 48.23mg (58.47%), Vitamin B6: 1.1mg (54.91%), Selenium: 38.08µg (54.41%), Phosphorus: 337.07mg (33.71%), Vitamin A: 1668.67IU (33.37%), Potassium: 779.21mg (22.26%), Vitamin B5: 2.08mg (20.84%), Vitamin B2: 0.28mg (16.65%), Fiber: 3.96g (15.83%), Magnesium: 52.9mg (13.22%), Vitamin E: 1.93mg (12.89%), Manganese: 0.25mg (12.44%), Calcium: 115.48mg (11.55%), Folate: 44.28µg (11.07%), Vitamin B1: 0.16mg (10.79%), Zinc: 1.27mg (8.44%), Vitamin K: 8.43µg (8.03%), Vitamin B12: 0.46µg (7.64%), Iron: 1.1mg (6.12%), Copper: 0.12mg (5.91%), Vitamin D: 0.17µg (1.16%)