



WHATSheATE



## Indian-Style Curry Chicken

 Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 cups potatoes frozen with onions and peppers (from 28-oz bag), thawed
- ☐ 12 oz peas sweet frozen thawed
- ☐ 14.5 oz canned tomatoes diced with green chiles, undrained canned
- ☐ 4 teaspoons curry powder
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 teaspoon paprika
- ☐ 1 teaspoon garlic salt

- ☐ 12 skin-on chicken drumsticks
- ☐ 1 tablespoon vegetable oil

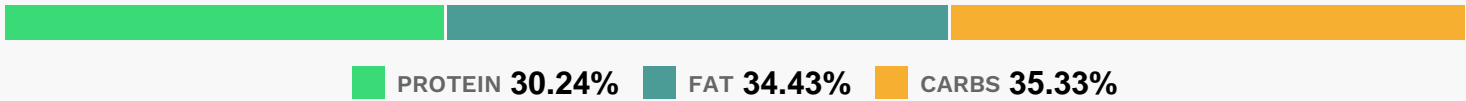
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ glass baking pan

## Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In large bowl, stir together potatoes, peas, tomatoes, 2 teaspoons of the curry powder and the salt.
- ☐ Spread evenly in baking dish.
- ☐ In large resealable food-storage plastic bag, mix remaining 2 teaspoons curry powder, the flour, paprika and garlic salt; shake to mix.
- ☐ Add drumsticks; seal bag, and shake to coat.
- ☐ In 12-inch skillet, heat oil over medium-high heat. Cook drumsticks in oil 8 to 10 minutes, turning frequently, until skin is brown (cook 6 drumsticks at a time if all don't fit in skillet).
- ☐ Place drumsticks in 2 rows lengthwise over potato mixture, alternating direction of drumsticks to cover potato mixture. Cover tightly with foil.
- ☐ Bake 30 minutes.
- ☐ Remove foil; bake about 10 minutes longer or until juice of chicken is clear when thickest part is cut to bone (180°F).

## Nutrition Facts



## Properties

Glycemic Index:37.18, Glycemic Load:22.19, Inflammation Score:-8, Nutrition Score:27.327826240788%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 445.09kcal (22.25%), Fat: 17.04g (26.21%), Saturated Fat: 4.19g (26.17%), Carbohydrates: 39.35g (13.12%), Net Carbohydrates: 31.69g (11.52%), Sugar: 6.02g (6.69%), Cholesterol: 139.31mg (46.44%), Sodium: 757.93mg (32.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.67g (67.35%), Vitamin C: 56.79mg (68.83%), Vitamin B6: 1.11mg (55.59%), Vitamin B3: 10.77mg (53.87%), Selenium: 32.41µg (46.29%), Phosphorus: 415.16mg (41.52%), Potassium: 1226.52mg (35.04%), Manganese: 0.61mg (30.74%), Fiber: 7.66g (30.63%), Vitamin B1: 0.45mg (30.01%), Zinc: 4.21mg (28.06%), Vitamin K: 28.27µg (26.93%), Vitamin B2: 0.44mg (25.68%), Magnesium: 93.55mg (23.39%), Iron: 4.19mg (23.27%), Vitamin B5: 2.14mg (21.45%), Copper: 0.41mg (20.49%), Folate: 78.36µg (19.59%), Vitamin A: 763.69IU (15.27%), Vitamin B12: 0.83µg (13.88%), Vitamin E: 1.42mg (9.46%), Calcium: 75.41mg (7.54%), Vitamin D: 0.15µg (1.01%)