



Jamaican Chicken Curry

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

READY IN



120 min.

SERVINGS



4

CALORIES



636 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 tablespoon allspice
- 1 tablespoon aniseed
- 1 tablespoon peppercorns black
- 3 cups chicken stock see
- 4 servings pepper black freshly ground to taste
- 2 cups coconut milk
- 1 tablespoon coriander seeds
- 1 tablespoon cumin seeds

- 4 tablespoons curry powder to taste (or)
- 1 tablespoon fenugreek seeds
- 2 tablespoons thyme sprigs fresh chopped
- 4 garlic clove minced
- 1 tablespoon ginger minced
- 0.5 juice of lime
- 1 tablespoon mustard seeds
- 2 medium onion sliced thin
- 0.5 medium scotch bonnet peppers minced to taste (or)
- 4 chicken legs split skinless
- 1 tablespoon turmeric
- 3 tablespoons vegetable oil

Equipment

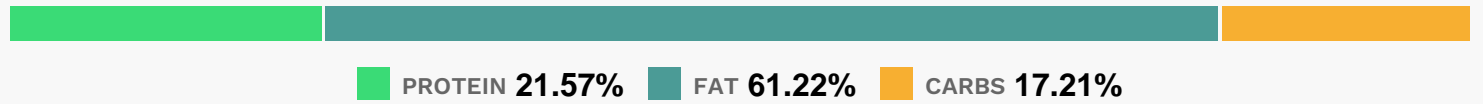
- frying pan
- pot
- dutch oven
- immersion blender

Directions

- Jamaican Curry Powder: Toast the cumin, mustard, fenugreek, anise, black peppercorns, coriander seeds and allspice in a small dry skillet over high heat until the spices have released their aromas.
- Remove from heat and cool. Grind in spice grinder (or handheld blender) and then combine with the turmeric. Makes about cup. Jamaican Curry Chicken:
- Heat the oil over high heat in a Dutch oven or large, wide pot. Season the chicken and brown in batches if necessary.
- Remove from pot and reserve.
- Add the onions, garlic, ginger and chili pepper and cook for 4 minutes.
- Add the curry powder and chopped thyme and cook an additional minute.

- Add the juice of a lime. Return the chicken to the pot and cover with the stock and coconut milk. Bring to a boil and reduce heat to low. Simmer the chicken with the pot partially covered until chicken starts to fall off the bone, about 1 hours. Skim occasionally to remove extra fat.
- Serve.

Nutrition Facts



Properties

Glycemic Index:89.5, Glycemic Load:5.28, Inflammation Score:-10, Nutrition Score:31.482608546381%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg

Nutrients (% of daily need)

Calories: 636.46kcal (31.82%), Fat: 45.17g (69.49%), Saturated Fat: 25.29g (158.06%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 21.91g (7.97%), Sugar: 5.82g (6.47%), Cholesterol: 122.63mg (40.88%), Sodium: 409.48mg (17.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.81g (71.62%), Manganese: 2.04mg (101.77%), Iron: 11.65mg (64.74%), Vitamin B3: 11.6mg (57.99%), Selenium: 39.36µg (56.23%), Phosphorus: 495.56mg (49.56%), Vitamin B6: 0.94mg (47.19%), Magnesium: 153.67mg (38.42%), Copper: 0.67mg (33.41%), Potassium: 1158.41mg (33.1%), Vitamin K: 33.9µg (32.29%), Vitamin B2: 0.48mg (28.04%), Zinc: 4.16mg (27.73%), Fiber: 6.65g (26.6%), Vitamin C: 17.51mg (21.22%), Vitamin B1: 0.31mg (20.34%), Vitamin B5: 1.86mg (18.61%), Vitamin E: 2.75mg (18.3%), Calcium: 164.89mg (16.49%), Folate: 59.9µg (14.97%), Vitamin B12: 0.73µg (12.24%), Vitamin A: 331.7IU (6.63%)