



Jamaican Curry Chicken and Potatoes with Scotch Bonnet Hot Peppers

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



850 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 stick butter
- 16 ounce coconut milk canned
- 1.5 pounds meat from a rotisserie chicken chopped
- 8 ounces chicken stock see
- 2 tablespoons jamaican curry
- 1 teaspoon freshly ginger minced
- 4 tablespoons olive oil

- 2 large russet potatoes chopped
- 1 small scotch bonnet pepper minced (do not touch face or eyes after handling; immediately wash hands)
- 1 onion yellow chopped

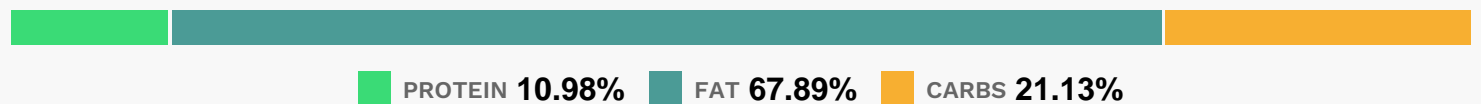
Equipment

- pot

Directions

- Heat the oil in a medium-size saucepot at a medium heat.
- Add the onions, ginger, and Scotch Bonnet peppers; let saute for 5 to 8 minutes.
- Add butter and curry powder and let sit until curry powder turns a dark gold.
- Add the chicken and continue to cook for 8 to 10 minutes.
- Add the potatoes and cook for another couple of minutes before adding the coconut milk.
- Let simmer for 30 to 45 minutes.
- Serve.

Nutrition Facts



Properties

Glycemic Index:56.69, Glycemic Load:26.93, Inflammation Score:-7, Nutrition Score:24.701739223107%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 849.71kcal (42.49%), Fat: 66.02g (101.58%), Saturated Fat: 36.95g (230.93%), Carbohydrates: 46.25g (15.42%), Net Carbohydrates: 39.85g (14.49%), Sugar: 7.23g (8.03%), Cholesterol: 93.3mg (31.1%), Sodium:

258.52mg (11.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.02g (48.04%), Manganese: 1.51mg (75.69%), Vitamin B6: 1.08mg (53.78%), Vitamin B3: 9.4mg (46.98%), Potassium: 1381.54mg (39.47%), Phosphorus: 373.28mg (37.33%), Selenium: 21.58µg (30.83%), Copper: 0.6mg (30.05%), Iron: 5.36mg (29.75%), Magnesium: 114.43mg (28.61%), Fiber: 6.4g (25.62%), Vitamin C: 21.11mg (25.58%), Vitamin E: 3.48mg (23.19%), Vitamin B1: 0.27mg (18.17%), Zinc: 2.63mg (17.55%), Vitamin K: 17.64µg (16.8%), Folate: 62.61µg (15.65%), Vitamin B5: 1.56mg (15.61%), Vitamin B2: 0.23mg (13.53%), Vitamin A: 524.77IU (10.5%), Calcium: 77.44mg (7.74%), Vitamin B12: 0.28µg (4.62%), Vitamin D: 0.16µg (1.09%)