



Jerk chicken curry with beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 skin-on chicken drumsticks
- ☐ 4 tsp walkerswood jamaican jerk seasoning (we used Schwartz)
- ☐ 4 tsp olive oil
- ☐ 2 onions red sliced
- ☐ 1 small bunch coriander finely chopped
- ☐ 800 g tomatoes chopped canned
- ☐ 410 g kidney bean drained canned

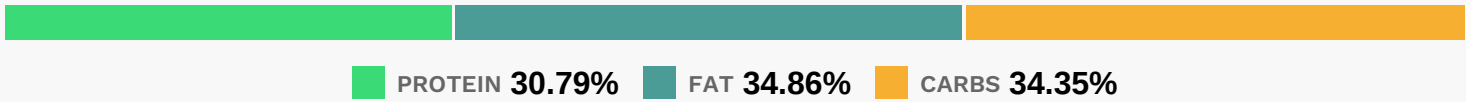
Equipment

☐ frying pan

Directions

- ☐ Toss chicken in 1 tsp jerk seasoning and a little salt and pepper.
- ☐ Heat half the oil in a large frying pan, quickly brown the chicken, then remove. Tip in the remaining oil, onions and coriander stalks, then soften for 5 mins, stirring in the remaining jerk seasoning for the final min.
- ☐ Return the drumsticks to the pan, pour over the tomatoes, then bring to a simmer. Cover, then cook for 20 mins.
- ☐ Remove the lid, stir in the beans, then cook for 10 mins more. Scatter with coriander and serve with rice.

Nutrition Facts



Properties

Glycemic Index:32.07, Glycemic Load:10.18, Inflammation Score:-9, Nutrition Score:32.761304305947%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 19.21mg, Quercetin: 19.21mg, Quercetin: 19.21mg, Quercetin: 19.21mg

Nutrients (% of daily need)

Calories: 502.81kcal (25.14%), Fat: 19.99g (30.75%), Saturated Fat: 4.56g (28.48%), Carbohydrates: 44.32g (14.77%), Net Carbohydrates: 31.25g (11.36%), Sugar: 11.62g (12.91%), Cholesterol: 139.31mg (46.44%), Sodium: 459.54mg (19.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.72g (79.44%), Vitamin B3: 10.68mg (53.39%), Fiber: 13.07g (52.29%), Vitamin B6: 1.04mg (51.83%), Manganese: 0.99mg (49.71%), Phosphorus: 483.82mg (48.38%), Selenium: 32.51µg (46.44%), Folate: 176.04µg (44.01%), Potassium: 1466.51mg (41.9%), Iron: 7.09mg (39.39%), Copper: 0.75mg (37.62%), Vitamin K: 34.24µg (32.61%), Zinc: 4.73mg (31.56%), Magnesium: 125.41mg (31.35%), Vitamin B1: 0.47mg (31.22%), Vitamin C: 24.25mg (29.4%), Vitamin E: 4.29mg (28.6%), Vitamin B2: 0.45mg (26.66%), Vitamin A: 1228.71IU (24.57%), Vitamin B5: 2.44mg (24.44%), Vitamin B12: 0.83µg (13.88%), Calcium: 132.48mg (13.25%), Vitamin D: 0.15µg (1.01%)