



## Madras Chicken

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

READY IN



35 min.

SERVINGS



35

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.1 tsp pepper black
- 1 Tbsp butter
- 14 oz canned tomatoes whole drained canned
- 6 cups rice hot cooked
- 1 tsp curry powder
- 1 clove garlic minced
- 0.5 cup pasilla peppers green chopped
- 1 tsp juice of lemon

- 0.5 cup onions chopped
- 1.5 lb chicken breasts boneless skinless cut into bite-size pieces
- 0.5 tsp thyme leaves dried
- 8 oz velveeta cut into 1/2-inch cubes
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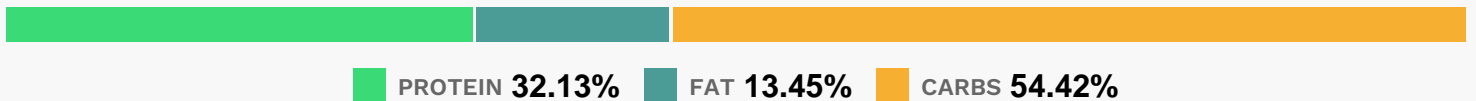
## Equipment

- sauce pan

## Directions

- Melt butter in large saucepan on medium heat.
- Add green peppers, onions, garlic and curry powder; cook and stir until vegetables are crisp-tender.
- Add chicken; cook and stir 5 min. or until no longer pink.
- Stir in tomatoes, lemon juice, thyme and black pepper; simmer on low heat 5 min. or until chicken is done, stirring occasionally.
- Add VELVEETA; cook until melted, stirring frequently.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:7.37, Glycemic Load:8.26, Inflammation Score:-1, Nutrition Score:3.2317391478497%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

## Nutrients (% of daily need)

Calories: 63.89kcal (3.19%), Fat: 0.93g (1.43%), Saturated Fat: 0.2g (1.27%), Carbohydrates: 8.48g (2.83%), Net Carbohydrates: 8.16g (2.97%), Sugar: 0.44g (0.49%), Cholesterol: 12.44mg (4.15%), Sodium: 43.01mg (1.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.01%), Selenium: 8.3µg (11.85%), Vitamin B3: 2.23mg (11.16%), Vitamin B6: 0.19mg (9.64%), Manganese: 0.15mg (7.5%), Phosphorus: 56.17mg (5.62%), Vitamin B5: 0.4mg (4.02%), Vitamin C: 3.28mg (3.97%), Potassium: 111.49mg (3.19%), Magnesium: 10.21mg (2.55%), Vitamin B2: 0.03mg (1.82%), Zinc: 0.27mg (1.81%), Copper: 0.04mg (1.75%), Vitamin B1: 0.03mg (1.71%), Iron: 0.27mg (1.5%), Fiber: 0.32g (1.29%), Vitamin E: 0.16mg (1.06%)