



Malaysian Mango Chicken Curry



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons brown sugar
- ☐ 0.5 cup chicken stock see
- ☐ 1 tablespoon cider vinegar
- ☐ 1 tablespoon cornstarch
- ☐ 1 teaspoon curry powder
- ☐ 2 teaspoons ginger root fresh minced
- ☐ 1 bell pepper green sliced
- ☐ 1 mangos cubed peeled

- ☐ 0.5 onion diced
- ☐ 1 bell pepper red sliced
- ☐ 0.5 pound chicken breast boneless skinless cubed
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon vegetable oil

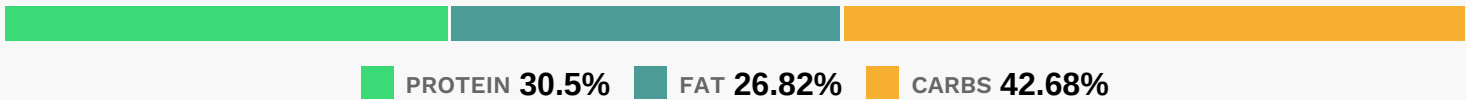
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat vegetable oil in a large skillet over medium-high heat and stir in the chicken breast. Cook the chicken breast until no longer pink in the center.
- ☐ Transfer cooked chicken to a plate. Meanwhile, whisk together the chicken stock, soy sauce, vinegar, brown sugar, curry powder, and cornstarch. Set aside.
- ☐ Using the same skillet, cook and stir the onion over medium heat until the onion has softened and turned translucent, about 5 minutes. Stir in the green and red bell peppers and cook for 2 minutes, then add the ginger and cook for another minute. Stir in the chicken stock mixture and the cooked chicken breast. Cook until the sauce has thickened. Drop mango in and cook until the mango is heated through.

Nutrition Facts



Properties

Glycemic Index:97.88, Glycemic Load:8.82, Inflammation Score:-10, Nutrition Score:27.903913228408%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.19mg, Luteolin: 3.19mg, Luteolin: 3.19mg, Luteolin: 3.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol:

0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

Nutrients (% of daily need)

Calories: 372.72kcal (18.64%), Fat: 11.32g (17.42%), Saturated Fat: 2.08g (12.98%), Carbohydrates: 40.55g (13.52%), Net Carbohydrates: 35.68g (12.98%), Sugar: 29.2g (32.44%), Cholesterol: 74.37mg (24.79%), Sodium: 730.42mg (31.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.97g (57.94%), Vitamin C: 165.4mg (200.49%), Vitamin B3: 14.78mg (73.92%), Vitamin B6: 1.38mg (69.25%), Vitamin A: 3249.19IU (64.98%), Selenium: 38.91µg (55.59%), Phosphorus: 321.52mg (32.15%), Potassium: 986.65mg (28.19%), Vitamin K: 25.63µg (24.41%), Folate: 94.06µg (23.51%), Vitamin B5: 2.15mg (21.51%), Vitamin E: 3.11mg (20.75%), Fiber: 4.86g (19.46%), Manganese: 0.38mg (18.79%), Vitamin B2: 0.3mg (17.39%), Magnesium: 66.38mg (16.59%), Vitamin B1: 0.21mg (13.97%), Copper: 0.27mg (13.48%), Iron: 1.85mg (10.27%), Zinc: 1.2mg (8.01%), Calcium: 50.27mg (5.03%), Vitamin B12: 0.23µg (3.78%)