



Mango Chicken Curry



Gluten Free



Dairy Free



Popular

READY IN



75 min.

SERVINGS



6

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 1.5 cups onion chopped
- ☐ 0.5 bell pepper red chopped
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons ginger fresh minced
- ☐ 2 tablespoons curry powder yellow
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 mangos diced peeled

- ☐ 2 tablespoons cider vinegar white
- ☐ 13.5 ounce coconut milk canned (full-fat)
- ☐ 1.3 pound chicken thighs boneless skinless cut into 1-inch pieces
- ☐ 0.3 cup golden raisins
- ☐ 6 servings salt and pepper
- ☐ 6 servings cilantro leaves for garnish

Equipment

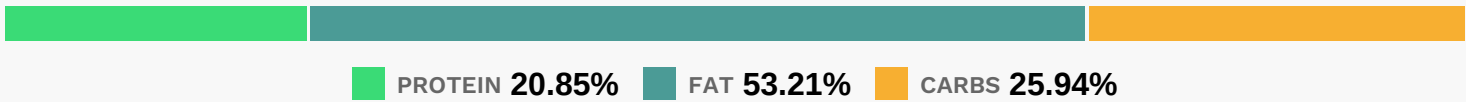
- ☐ frying pan
- ☐ knife
- ☐ blender

Directions

- ☐ Heat oil in a large sauté pan over medium heat.
- ☐ Add onions and bell pepper cook, stirring occasionally, until soft, about 5 minutes.
- ☐ Add the garlic and ginger and cook for another minute.
- ☐ Add the curry powder and cumin, cook for a few more minutes. The spices will absorb some of the oil, so if anything begins to stick too much to the bottom of the pan, add a little more oil to the pan.
- ☐ Add the vinegar, coconut milk, and one of the two chopped mangoes to the pan. Increase the heat and bring to a boil, then lower the heat to maintain a low simmer for about 15 minutes, stirring occasionally.
- ☐ Remove pan from heat. Scoop the sauce into a blender. Purée the sauce, pulsing until smooth. Return the sauce to the pan.
- ☐ Add chicken pieces and raisins to the pan. Return to a low simmer. Cover the pan and let cook for 8–10 minutes. Chicken should be just cooked through. Use a knife to cut open the largest piece to check.
- ☐ Add remaining chopped mango to the pan. Stir in the cream, if using.
- ☐ Let cook at a very low temperature for another minute or two, uncovered. Do not let boil! Or the cream may curdle.

- ☐ Adjust seasonings: If a little too sweet, add a little more vinegar. If not sweet enough, you can add a dash of sugar.
- ☐ Add salt and pepper to taste.
- ☐ Serve over rice.
- ☐ Garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:49.07, Glycemic Load:9.38, Inflammation Score:-8, Nutrition Score:19.692608936973%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg

Nutrients (% of daily need)

Calories: 395.1kcal (19.75%), Fat: 24.3g (37.39%), Saturated Fat: 15.27g (95.47%), Carbohydrates: 26.66g (8.89%), Net Carbohydrates: 22.19g (8.07%), Sugar: 18.59g (20.66%), Cholesterol: 89.77mg (29.92%), Sodium: 293.2mg (12.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.43g (42.86%), Vitamin C: 43.51mg (52.74%), Manganese: 0.86mg (42.86%), Selenium: 26.51µg (37.87%), Vitamin B6: 0.67mg (33.33%), Vitamin B3: 6.56mg (32.81%), Phosphorus: 284.18mg (28.42%), Vitamin A: 1109.23IU (22.18%), Potassium: 706.36mg (20.18%), Copper: 0.37mg (18.62%), Fiber: 4.47g (17.88%), Magnesium: 67.47mg (16.87%), Vitamin K: 17.3µg (16.48%), Iron: 2.93mg (16.28%), Vitamin B5: 1.49mg (14.9%), Folate: 59.5µg (14.88%), Zinc: 2.16mg (14.37%), Vitamin B2: 0.24mg (13.9%), Vitamin E: 1.89mg (12.58%), Vitamin B1: 0.15mg (10.27%), Vitamin B12: 0.6µg (10.08%), Calcium: 54.3mg (5.43%)