



## Mango Chicken with Greens

 **Gluten Free**

READY IN



**50 min.**

SERVINGS



**4**

CALORIES



**386 kcal**

**SIDE DISH**

### Ingredients

- 1 tablespoon balsamic vinegar
- 0.3 cup brown sugar
- 2 tablespoons butter
- 4 skin-on chicken drumsticks
- 0.5 teaspoon curry powder
- 1 tablespoon dijon mustard
- 1 clove garlic crushed
- 1 teaspoon ground cumin

- 1 pinch salt and ground pepper black to taste
- 1 large mangos divided peeled seeded sliced
- 1 bunch mustard greens washed and chopped
- 1 tablespoon olive oil
- 2 small onions divided sliced
- 0.3 cup raisins
- 1 teaspoon pepper flakes red crushed
- 1 tablespoon distilled vinegar white
- 0.3 cup sugar white

## Equipment

- frying pan
- blender
- ziploc bags

## Directions

- Place the cumin, curry powder, white and balsamic vinegar, olive oil, 1/4 cup brown sugar, salt, and black pepper into a resealable plastic bag, and smush the bag several times with your fingers to combine and mix all ingredients.
- Place the chicken drumsticks into the bag, and knead the bag again with your fingers to coat the chicken in seasonings.
- Heat butter in a large skillet over medium heat, and place the seasoned chicken pieces into the hot butter. Brown the chicken well on both sides, about 10 to 12 minutes.
- Place half the mango slices, Dijon mustard, garlic, red pepper flakes, and 1 sliced onion into a blender, and blend until smooth, about 1 minute.
- Pour the mango mixture into the skillet over the chicken. Stir in 2nd sliced onion, white sugar, 1/4 cup of brown sugar, mustard greens, and raisins; stir mixture to dissolve sugar. Bring the mixture to a boil, reduce heat to a simmer, and cook until the chicken is no longer pink at the bone and the juices run clear, 10 to 15 more minutes. Stir often while cooking.

## Nutrition Facts



■ PROTEIN 15.04% ■ FAT 38.45% ■ CARBS 46.51%

## Properties

Glycemic Index:123.41, Glycemic Load:17.3, Inflammation Score:-7, Nutrition Score:11.558695689492%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg 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: 1.79mg, Isorhamnetin: 1.79mg, Isorhamnetin: 1.79mg, Isorhamnetin: 1.79mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg

## Nutrients (% of daily need)

Calories: 385.63kcal (19.28%), Fat: 16.88g (25.97%), Saturated Fat: 6.05g (37.82%), Carbohydrates: 45.94g (15.31%), Net Carbohydrates: 43.4g (15.78%), Sugar: 35.11g (39.01%), Cholesterol: 84.7mg (28.23%), Sodium: 183.85mg (7.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.86g (29.71%), Vitamin C: 22.41mg (27.16%), Selenium: 17.11µg (24.45%), Vitamin B3: 4.29mg (21.43%), Vitamin B6: 0.41mg (20.29%), Vitamin A: 937.88IU (18.76%), Phosphorus: 163.27mg (16.33%), Potassium: 438.92mg (12.54%), Zinc: 1.68mg (11.2%), Vitamin B2: 0.19mg (11.03%), Vitamin E: 1.56mg (10.43%), Fiber: 2.54g (10.16%), Manganese: 0.2mg (9.94%), Vitamin B5: 0.98mg (9.79%), Iron: 1.59mg (8.86%), Copper: 0.17mg (8.52%), Magnesium: 33.75mg (8.44%), Folate: 32.69µg (8.17%), Vitamin K: 8.36µg (7.96%), Vitamin B1: 0.12mg (7.75%), Vitamin B12: 0.43µg (7.14%), Calcium: 50.04mg (5%)