



Mulligatawny Stew Over Rice



Gluten Free



Dairy Free

READY IN



33 min.

SERVINGS



4

CALORIES



624 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium carrots chopped
- ☐ 2 stalks celery chopped
- ☐ 1 pound meat from a rotisserie chicken cubed cooked
- ☐ 1 tablespoon curry powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 2 cloves garlic minced
- ☐ 2 cups rice instant cooked

- ☐ 3.5 cups chicken broth reduced-sodium (two 14.5-ounce cans)
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 4 servings salt and pepper black freshly ground to taste
- ☐ 14 ounce coconut milk unsweetened canned

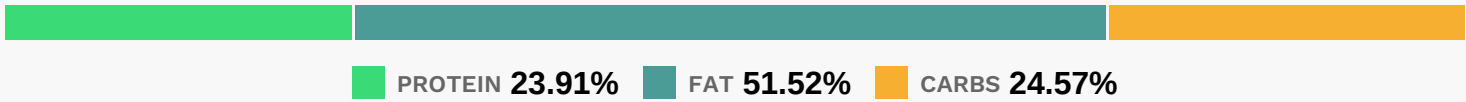
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the oil in a large skillet over medium-high heat.
- ☐ Add the onion, carrots, celery, garlic and ginger and cook, stirring, until the vegetables soften, about 3 minutes.
- ☐ Add the chicken and cook until golden brown, 3 to 5 minutes.
- ☐ Add the curry powder, stir to coat, and cook for 1 minute.
- ☐ Add the broth and coconut milk and simmer 4 minutes.
- ☐ Remove from the heat, stir in the cilantro, and season with salt and pepper. Spoon the rice into bowls and top with the mulligatawny stew.

Nutrition Facts



Properties

Glycemic Index:82.21, Glycemic Load:25.99, Inflammation Score:-10, Nutrition Score:27.653912834499%

Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.82mg, Quercetin: 8.82mg, Quercetin: 8.82mg, Quercetin: 8.82mg

Nutrients (% of daily need)

Calories: 623.96kcal (31.2%), Fat: 36.47g (56.11%), Saturated Fat: 23.98g (149.85%), Carbohydrates: 39.13g (13.04%), Net Carbohydrates: 34.17g (12.43%), Sugar: 7.11g (7.9%), Cholesterol: 85.05mg (28.35%), Sodium: 203.03mg (8.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.08g (76.17%), Vitamin A: 5315.37IU (106.31%), Manganese: 1.53mg (76.28%), Vitamin B3: 13.33mg (66.64%), Selenium: 40.77µg (58.25%), Phosphorus: 448.45mg (44.85%), Vitamin B6: 0.74mg (36.8%), Potassium: 973.76mg (27.82%), Copper: 0.55mg (27.36%), Iron: 4.33mg (24.05%), Magnesium: 86.98mg (21.74%), Zinc: 3.24mg (21.58%), Fiber: 4.96g (19.82%), Vitamin B5: 1.79mg (17.92%), Vitamin B2: 0.29mg (16.87%), Vitamin K: 17.04µg (16.23%), Folate: 47.61µg (11.9%), Vitamin C: 9.12mg (11.05%), Vitamin B1: 0.16mg (10.83%), Vitamin B12: 0.54µg (8.92%), Vitamin E: 1.31mg (8.72%), Calcium: 84.1mg (8.41%)