



## Quick Chicken Curry

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

READY IN



25 min.

SERVINGS



4

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 pounds chicken breast halves boneless skinless
- 2 tablespoons curry powder (preferably Madras)
- 0.5 cup wine dry red
- 1 teaspoon kosher salt
- 2 tablespoons mint-cilantro chutney spread shopping list chopped (if very chunky)
- 2 tablespoons olive oil
- 1 large onion chopped
- 0.5 cup sacramento tomato juice

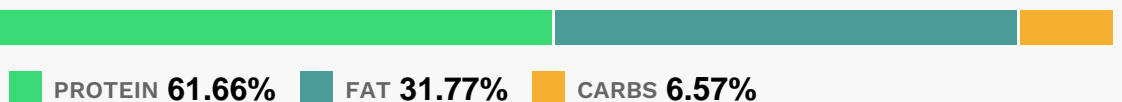
## Equipment

- frying pan
- oven
- plastic wrap
- baking pan
- aluminum foil
- microwave

## Directions

- Accompaniments: 2 cups cooked rice; 1/2 cup salted, shelled peanuts; 1/2 red bell pepper, slivered; and 3 scallions, slivered. In a large, deep skillet, cook the onion in the oil over medium heat, stirring, until golden brown, about 10 minutes.
- Add the curry powder and cook, stirring, for 30 seconds. Stir in the tomato juice, wine, and chutney and simmer for 2 minutes to blend the flavors.
- Add the chicken and simmer, covered, stirring occasionally, until cooked through, about 10 minutes.
- Add the salt.
- Serve half the chicken curry over rice. Top with the peanuts, bell pepper, and scallions. Freeze the remaining chicken curry. To Freeze: Spoon the chicken curry into a freezer container. Cover and freeze for up to 3 months. To Reheat: Thaw in the refrigerator overnight or in the microwave. To serve Quick Chicken Curry as is, cover with plastic wrap and heat in the microwave for 7 to 9 minutes or until heated through, stirring once. Or spoon into an ovenproof baking dish. Cover with foil and place in a 325 F oven for 20 to 25 minutes or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:15.83, Glycemic Load:1.18, Inflammation Score:-7, Nutrition Score:28.735217612723%

## Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

## Nutrients (% of daily need)

Calories: 512.02kcal (25.6%), Fat: 16.78g (25.81%), Saturated Fat: 3.23g (20.19%), Carbohydrates: 7.81g (2.6%), Net Carbohydrates: 6.06g (2.2%), Sugar: 2.75g (3.06%), Cholesterol: 217.72mg (72.57%), Sodium: 1112.23mg (48.36%), Alcohol: 3.15g (100%), Alcohol %: 0.87% (100%), Protein: 73.27g (146.53%), Vitamin B3: 35.83mg (179.17%), Selenium: 109.66µg (156.65%), Vitamin B6: 2.66mg (133.06%), Phosphorus: 741.22mg (74.12%), Vitamin B5: 4.97mg (49.7%), Potassium: 1429.51mg (40.84%), Magnesium: 103.18mg (25.79%), Vitamin B2: 0.37mg (21.66%), Vitamin B1: 0.26mg (17.12%), Vitamin C: 13.98mg (16.95%), Vitamin E: 2.42mg (16.13%), Zinc: 2.21mg (14.7%), Iron: 2.4mg (13.33%), Manganese: 0.25mg (12.54%), Vitamin B12: 0.68µg (11.34%), Vitamin A: 468.83IU (9.38%), Vitamin K: 8.74µg (8.32%), Folate: 31.43µg (7.86%), Copper: 0.15mg (7.5%), Fiber: 1.75g (7.02%), Calcium: 43.44mg (4.34%), Vitamin D: 0.34µg (2.27%)