



Quick Chicken Curry with Sweet Peppers

READY IN



25 min.

SERVINGS



4

CALORIES



176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1.5 tablespoons mild indian curry paste yellow
- ☐ 2 teaspoons flour all-purpose
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 juice of lime juiced
- ☐ 4 servings lime wedges
- ☐ 1 large bell pepper sweet red chopped
- ☐ 4 servings salt
- ☐ 1 pound chicken breasts boneless skinless cut into 1-inch (2.5 cm) chunks

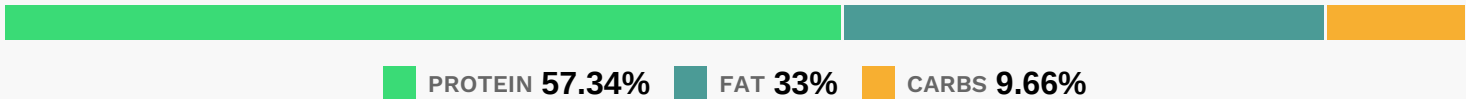
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a large skillet, melt butter over medium heat.
- ☐ Add curry paste and 1/4 tsp (1 mL) salt; cook, stirring, for 1 minute or until very fragrant and starting to brown.
- ☐ Add red pepper; cook, stirring, for 2 minutes, or until starting to soften. Stir in chicken; cook, stirring, for 1 to 2 minutes or until well coated and starting to turn white.
- ☐ Whisk flour into cream; pour into skillet and bring to a simmer, stirring to combine. Reduce heat and simmer, stirring often, for about 8 minutes or just until chicken is no longer pink inside and sauce is slightly thickened. Stir in cilantro and lime juice. Season to taste with more salt, if desired.
- ☐ Serve sprinkled with coconut (if using).
- ☐ Garnish with lime wedges to squeeze over top.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:1.09, Inflammation Score:-9, Nutrition Score:17.426521949146%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 176.42kcal (8.82%), Fat: 6.32g (9.73%), Saturated Fat: 2.64g (16.52%), Carbohydrates: 4.17g (1.39%), Net Carbohydrates: 3.02g (1.1%), Sugar: 2.21g (2.45%), Cholesterol: 80.1mg (26.7%), Sodium: 349.79mg (15.21%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.72g (49.45%), Vitamin C: 55.78mg (67.62%), Vitamin B3: 12.3mg (61.49%), Selenium: 36.71µg (52.45%), Vitamin B6: 0.97mg (48.57%), Vitamin A: 2307IU (46.14%), Phosphorus: 251.52mg (25.15%), Vitamin B5: 1.76mg (17.62%), Potassium: 514.48mg (14.7%), Vitamin B2: 0.16mg (9.14%), Magnesium: 35.11mg (8.78%), Vitamin B1: 0.1mg (6.94%), Folate: 25.91µg (6.48%), Vitamin E: 0.96mg (6.4%), Zinc: 0.78mg (5.17%), Fiber: 1.14g (4.58%), Iron: 0.8mg (4.46%), Vitamin B12: 0.23µg (3.88%), Manganese: 0.07mg (3.59%), Vitamin K: 3.13µg (2.98%), Copper: 0.04mg (2.06%), Calcium: 18.51mg (1.85%)