



Quick Mango Chicken Curry



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon cayenne pepper to taste
- ☐ 1 tablespoon curry powder
- ☐ 2 cloves garlic chopped
- ☐ 1 bell pepper green thinly sliced
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon ground pepper black
- ☐ 1 cup apricot-mango nectar
- ☐ 1 large onion halved lengthwise thinly sliced

- ☐ 1 teaspoon paprika
- ☐ 2 chicken breast halves boneless skinless cut into cubes
- ☐ 2 tablespoons tomato paste
- ☐ 3 tablespoons vegetable oil
- ☐ 1 tablespoon water or as needed
- ☐ 1 tablespoon vinegar white

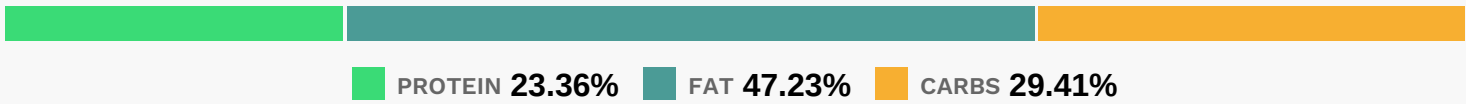
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat oil in a wide-bottomed saucepan or deep skillet over medium heat; cook and stir onion and bell pepper in the hot oil until onion is translucent and bell pepper is tender, 5 to 10 minutes.
- ☐ Combine garlic, curry powder, paprika, black pepper, ginger, and cayenne pepper in a bowl; stir in water until paste-like.
- ☐ Add curry paste to onion mixture.
- ☐ Mix chicken into onion mixture until chicken is coated in curry paste; cook and stir until chicken is lightly browned on all sides, about 5 minutes.
- ☐ Stir mango nectar, tomato paste, and vinegar into chicken mixture. Reduce heat and simmer until sauce is thickened and chicken is no longer pink in the center, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:123, Glycemic Load:3.31, Inflammation Score:-9, Nutrition Score:28.095217601113%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 16.59mg, Quercetin: 16.59mg, Quercetin: 16.59mg, Quercetin: 16.59mg

Nutrients (% of daily need)

Calories: 454.11kcal (22.71%), Fat: 24.37g (37.5%), Saturated Fat: 4g (24.99%), Carbohydrates: 34.15g (11.38%), Net Carbohydrates: 28.89g (10.51%), Sugar: 22.43g (24.92%), Cholesterol: 72.32mg (24.11%), Sodium: 272.45mg (11.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.12g (54.24%), Vitamin C: 79mg (95.76%), Vitamin B3: 13.13mg (65.64%), Vitamin B6: 1.24mg (61.88%), Selenium: 39.58µg (56.54%), Vitamin K: 51.17µg (48.73%), Manganese: 0.94mg (46.97%), Vitamin A: 2104.22IU (42.08%), Phosphorus: 309.98mg (31%), Vitamin E: 4.18mg (27.89%), Potassium: 941.92mg (26.91%), Fiber: 5.26g (21.03%), Vitamin B5: 1.93mg (19.34%), Iron: 3.2mg (17.76%), Magnesium: 68.23mg (17.06%), Vitamin B2: 0.21mg (12.37%), Copper: 0.24mg (11.92%), Vitamin B1: 0.17mg (11.61%), Folate: 41.46µg (10.36%), Calcium: 85.02mg (8.5%), Zinc: 1.25mg (8.32%), Vitamin B12: 0.23µg (3.77%)