



Red Chicken with Vegetables

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



901 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 carrots
- 6 chicken thighs
- 2 tablespoons ground turmeric
- 2 tablespoons olive oil
- 2 onions chopped
- 2 potatoes cubed
- 4 servings salt and pepper to taste
- 6 ounce tomato paste canned

- 4 tablespoons vegetable oil divided
- 2 cups water
- 1 cup sugar white

Equipment

- frying pan
- sauce pan

Directions

- Heat 2 tablespoons olive oil in a large skillet over medium high heat.
- Add onions and turmeric and saute; when onions are brown, add chicken and saute for about 10 minutes, or until chicken is almost cooked through.
- Add tomato paste, water and salt and pepper to taste. Stir together, reduce heat and simmer for 20 to 30 minutes, during which the 'gravy' should thicken.
- Meanwhile, put carrots in a small saucepan; add sugar and cook until carrots are soft to caramelize. When cooked, drain carrots.
- Heat 1 tablespoon vegetable oil in a small skillet over medium heat, add carrots and saute. Set aside.
- Heat remaining 3 tablespoons of vegetable oil in a large skillet, add potatoes and fry. (If desired, add a pinch of turmeric and a pinch of salt.)
- Add carrots and potatoes to chicken, stir all together and serve.

Nutrition Facts



PROTEIN 13.91% **FAT 48.86%** **CARBS 37.23%**

Properties

Glycemic Index:67.67, Glycemic Load:52.54, Inflammation Score:-10, Nutrition Score:30.079130457795%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin:

0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.04mg, Quercetin: 12.04mg, Quercetin: 12.04mg, Quercetin: 12.04mg

Nutrients (% of daily need)

Calories: 900.82kcal (45.04%), Fat: 49.68g (76.42%), Saturated Fat: 10.83g (67.67%), Carbohydrates: 85.18g (28.39%), Net Carbohydrates: 78.65g (28.6%), Sugar: 57.94g (64.38%), Cholesterol: 166.11mg (55.37%), Sodium: 439mg (19.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.82g (63.64%), Vitamin A: 10417.53IU (208.35%), Vitamin B6: 1.17mg (58.63%), Vitamin B3: 10.36mg (51.79%), Selenium: 33.07µg (47.24%), Vitamin K: 45.8µg (43.62%), Vitamin C: 33.47mg (40.57%), Phosphorus: 388.8mg (38.88%), Potassium: 1285.42mg (36.73%), Manganese: 0.7mg (35.14%), Fiber: 6.53g (26.13%), Iron: 4.34mg (24.09%), Vitamin B5: 2.39mg (23.9%), Vitamin E: 3.54mg (23.6%), Magnesium: 85.97mg (21.49%), Vitamin B1: 0.31mg (20.89%), Vitamin B2: 0.35mg (20.46%), Zinc: 2.95mg (19.68%), Copper: 0.37mg (18.59%), Vitamin B12: 1.08µg (18.08%), Folate: 51.06µg (12.76%), Calcium: 84.22mg (8.42%), Vitamin D: 0.17µg (1.13%)