



Roasted Apple Curried Chicken with Rice



Gluten Free



Dairy Free

READY IN



315 min.

SERVINGS



6

CALORIES



1074 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 apples diced cored
- ☐ 3 tablespoons peppercorns whole black
- ☐ 3 cups brown rice
- ☐ 3 tablespoons cayenne pepper
- ☐ 5 tablespoons curry powder
- ☐ 4 tablespoons ground nutmeg
- ☐ 0.5 cup honey
- ☐ 0.3 cup maple syrup

- ☐ 2 small onions
- ☐ 4 tablespoons paprika
- ☐ 3 shallots
- ☐ 3 cups water
- ☐ 6 pound meat from a rotisserie chicken whole

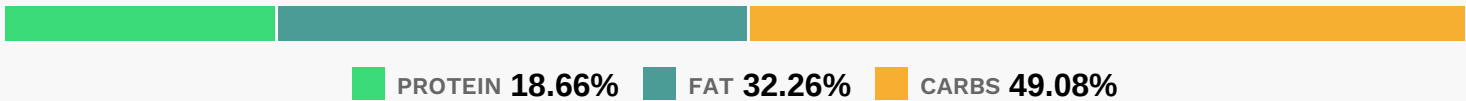
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat the oven to 250 degrees F (120 degrees C).
- ☐ In a medium bowl, mix together the honey, maple syrup, curry powder, nutmeg, paprika, cayenne, and black peppercorns. Rub some of this mixture all over the chicken, including under the skin, and inside the cavity. Stuff the shallots, onions, and pieces of one apple into the chicken's cavity. Coat the remaining apples with the spice mixture, and place in a roasting pan.
- ☐ Place the chicken in the pan, and pour brown rice around the outside.
- ☐ Pour the water over the rice, making sure that all of the rice is down in the water.
- ☐ Bake uncovered for about 5 hours. The chicken juices should run clear, and rice should be tender.

Nutrition Facts



Properties

Glycemic Index:65.09, Glycemic Load:62.34, Inflammation Score:-10, Nutrition Score:41.308695565099%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.39mg, Quercetin: 8.39mg, Quercetin: 8.39mg, Quercetin: 8.39mg

Nutrients (% of daily need)

Calories: 1074.18kcal (53.71%), Fat: 39.11g (60.16%), Saturated Fat: 11.5g (71.9%), Carbohydrates: 133.86g (44.62%), Net Carbohydrates: 121.39g (44.14%), Sugar: 44.91g (49.9%), Cholesterol: 163.29mg (54.43%), Sodium: 176.07mg (7.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.9g (101.79%), Manganese: 5.14mg (256.92%), Vitamin B3: 20.06mg (100.29%), Vitamin B6: 1.6mg (80.07%), Vitamin A: 3775.1IU (75.5%), Phosphorus: 653.53mg (65.35%), Magnesium: 235.37mg (58.84%), Fiber: 12.47g (49.89%), Selenium: 33.53µg (47.91%), Vitamin B1: 0.62mg (41.56%), Iron: 7.4mg (41.11%), Zinc: 5.69mg (37.94%), Vitamin B5: 3.73mg (37.26%), Vitamin B2: 0.62mg (36.58%), Potassium: 1200.85mg (34.31%), Copper: 0.64mg (31.96%), Vitamin E: 4.08mg (27.21%), Vitamin K: 24.39µg (23.23%), Vitamin C: 13.2mg (16%), Calcium: 159.64mg (15.96%), Folate: 61.08µg (15.27%), Vitamin B12: 0.67µg (11.25%), Vitamin D: 0.44µg (2.9%)