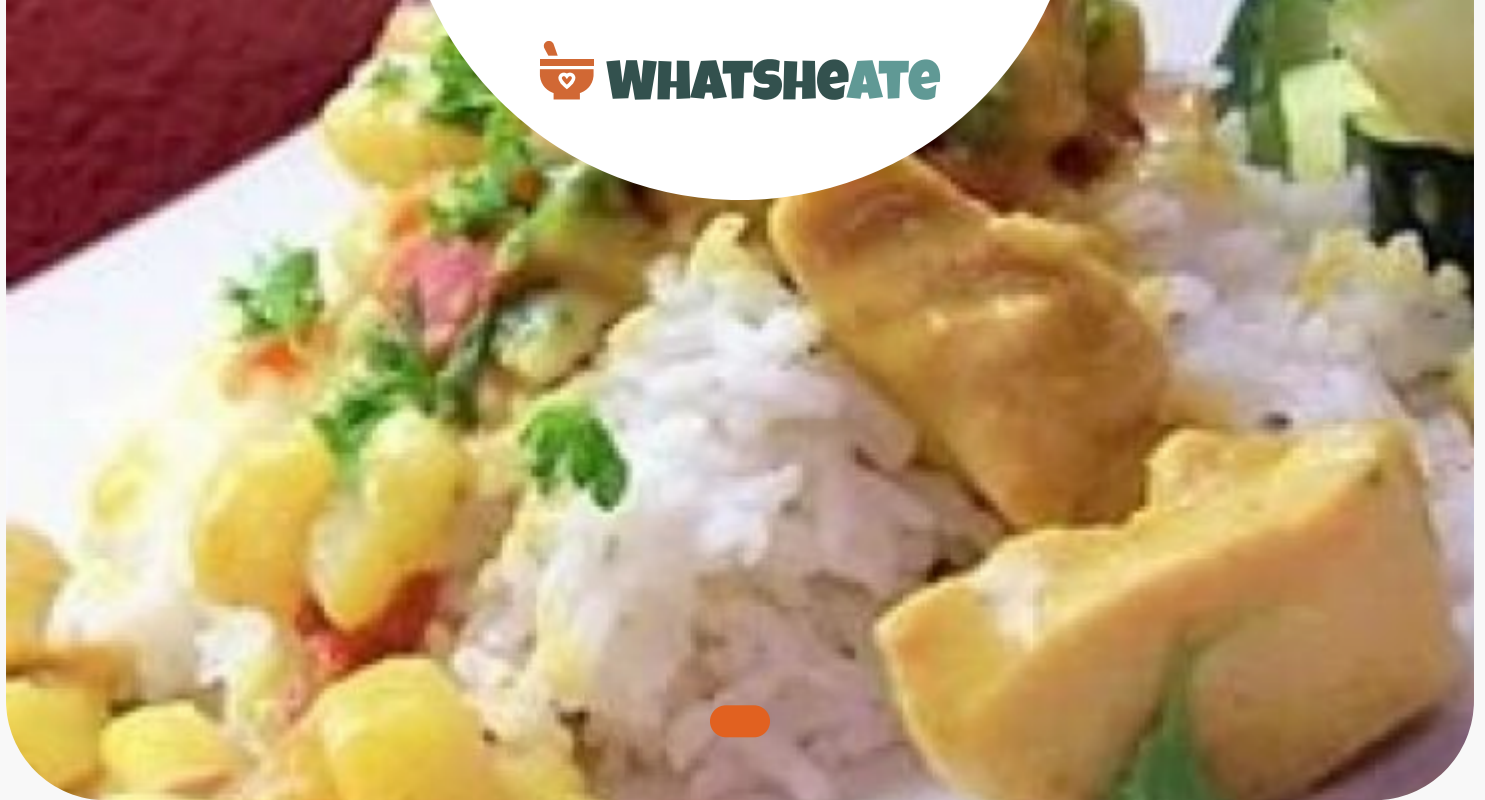




Sherry Chicken Curry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



612 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cubes beef bouillon from cube
- ☐ 1 cup coconut milk
- ☐ 0.5 cup cornstarch
- ☐ 0.5 cup creamy peanut butter
- ☐ 3 tablespoons curry powder
- ☐ 3 cloves garlic crushed
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 large onion cut into chunks

- ☐ 4 servings salt and pepper to taste
- ☐ 0.5 cup cooking sherry
- ☐ 4 chicken breast halves boneless skinless cut into chunks
- ☐ 2 tablespoons vegetable oil
- ☐ 4 servings water to cover

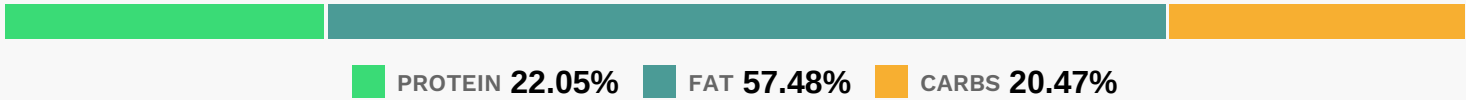
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium high heat. Coat chicken with cornstarch and place in skillet with garlic, onion, salt and pepper.
- ☐ Add sherry and beef bouillon and let liquid reduce a little.
- ☐ Stir in peanut butter and curry powder and add water to cover; add ginger, reduce heat to low and simmer for 30 minutes, then lastly stir in coconut milk and serve hot.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:3.49, Inflammation Score:-7, Nutrition Score:24.68086965706%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg

Nutrients (% of daily need)

Calories: 612.28kcal (30.61%), Fat: 38.95g (59.92%), Saturated Fat: 15.75g (98.44%), Carbohydrates: 31.21g (10.4%), Net Carbohydrates: 27.3g (9.93%), Sugar: 5.42g (6.02%), Cholesterol: 72.32mg (24.11%), Sodium: 497.07mg (21.61%), Alcohol: 3.09g (100%), Alcohol %: 0.73% (100%), Protein: 33.62g (67.24%), Vitamin B3: 16.72mg (83.61%), Manganese: 1.33mg (66.51%), Vitamin B6: 1.15mg (57.34%), Selenium: 39.39µg (56.27%), Phosphorus: 439.05mg (43.9%), Magnesium: 132.04mg (33.01%), Vitamin E: 4.71mg (31.39%), Potassium: 883.7mg (25.25%), Iron: 4.5mg (25.01%), Vitamin B5: 2.11mg (21.13%), Copper: 0.4mg (19.92%), Vitamin K: 17.63µg (16.79%), Fiber: 3.91g (15.62%), Zinc: 2.14mg (14.28%), Folate: 54.66µg (13.67%), Vitamin B2: 0.21mg (12.07%), Vitamin B1: 0.16mg (10.94%), Calcium: 76.47mg (7.65%), Vitamin C: 5.91mg (7.17%), Vitamin B12: 0.23µg (3.79%), Vitamin A: 79.3IU (1.59%)