



Slow Cooked Curried Chicken with Cauliflower

 **Gluten Free**  **Very Healthy**

READY IN



380 min.

SERVINGS



6

CALORIES



874 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 32 ounce chickpeas drained and rinsed canned
- 3 tablespoons canola oil
- 1 head cauliflower
- 3 cups chicken broth low-sodium homemade canned
- 0.3 cup south asian curry paste prepared (recommended: Patak)
- 1 bunch cilantro leaves fresh chopped
- 2 inch ginger fresh minced

- 6 cloves garlic minced
- 1.5 tablespoons kosher salt
- 1 optional: lemon cut in wedges
- 1 pound lentils red picked over ()
- 2 cups milk yogurt plain whole
- 6 chicken thighs bone-in skinless

Equipment

- bowl
- frying pan
- whisk
- slow cooker

Directions

- Heat a large skillet over medium-high heat.
- Heat the oil; add the garlic and ginger and cook, stirring, until fragrant.
- Add the curry paste and continue to cook until fragrant, about 2 minutes more.
- Whisk the broth with all the aromatics in the pan; then pour the liquid into a slow cooker.
- Whisk the yogurt into the liquid.
- Season the chicken all over with salt and pepper.
- Add the chicken, lentils and remaining salt to the slow cooker. Cover and cook on HIGH for 6 hours, adding cauliflower and chickpeas about half way through cooking.
- Divide curry evenly into bowls and scatter freshly torn mint or cilantro on top.
- Serve with a wedge of lemon.

Nutrition Facts

 PROTEIN 35.59%  FAT 28%  CARBS 36.41%

Properties

Glycemic Index:41.74, Glycemic Load:13.33, Inflammation Score:-10, Nutrition Score:55.063912702643%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg Galliccatechin: 0.11mg, Galliccatechin: 0.11mg, Galliccatechin: 0.11mg, Galliccatechin: 0.11mg

Nutrients (% of daily need)

Calories: 873.81kcal (43.69%), Fat: 27.22g (41.88%), Saturated Fat: 6.56g (40.99%), Carbohydrates: 79.68g (26.56%), Net Carbohydrates: 46.89g (17.05%), Sugar: 8.64g (9.6%), Cholesterol: 158.77mg (52.92%), Sodium: 2822.16mg (122.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 77.86g (155.72%), Fiber: 32.79g (131.16%), Manganese: 2.49mg (124.71%), Folate: 469.56µg (117.39%), Vitamin B6: 2.03mg (101.61%), Phosphorus: 938.28mg (93.83%), Selenium: 54.12µg (77.31%), Vitamin C: 62.13mg (75.31%), Zinc: 9.58mg (63.84%), Iron: 10.71mg (59.52%), Vitamin B1: 0.89mg (59.1%), Vitamin B3: 10.94mg (54.71%), Potassium: 1814.73mg (51.85%), Magnesium: 203.92mg (50.98%), Vitamin A: 2503.81IU (50.08%), Vitamin B5: 4.32mg (43.17%), Copper: 0.8mg (40.17%), Vitamin B2: 0.65mg (38.16%), Vitamin B12: 1.98µg (33%), Vitamin K: 33.45µg (31.86%), Calcium: 269.99mg (27%), Vitamin E: 2.3mg (15.35%), Vitamin D: 0.18µg (1.23%)