



WHATSheATE



Speedy Mediterranean Chicken



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 2 teaspoons curry powder
- ☐ 16 oz salsa thick
- ☐ 0.5 cup olive green sliced
- ☐ 0.3 cup golden raisins
- ☐ 0.3 cup honey
- ☐ 2 lb rotisserie chicken cut skinless cut into 6 to 8 pieces, if desired

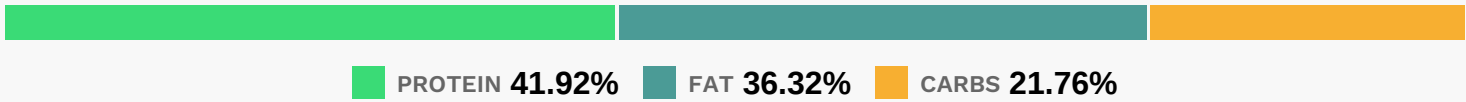
Equipment

☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, heat oil over medium heat. Stir in curry powder. Cook over medium heat 1 minute, stirring constantly.
- ☐ Stir in remaining ingredients except chicken.
- ☐ Add chicken; turn to coat.
- ☐ Cover; cook over medium-high heat 5 to 6 minutes, turning chicken occasionally, until sauce is bubbly and chicken is thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:28.48, Glycemic Load:12.99, Inflammation Score:-3, Nutrition Score:6.3299999703532%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 599.74kcal (29.99%), Fat: 24.91g (38.32%), Saturated Fat: 5.84g (36.52%), Carbohydrates: 33.58g (11.19%), Net Carbohydrates: 30.24g (11%), Sugar: 27.24g (30.26%), Cholesterol: 217.72mg (72.57%), Sodium: 1796.58mg (78.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.67g (129.35%), Vitamin E: 2.54mg (16.9%), Fiber: 3.33g (13.34%), Vitamin B6: 0.25mg (12.53%), Vitamin A: 620.49IU (12.41%), Vitamin K: 12.57µg (11.97%), Potassium: 393.71mg (11.25%), Manganese: 0.22mg (10.79%), Vitamin B3: 1.47mg (7.37%), Copper: 0.14mg (7.13%), Magnesium: 25mg (6.25%), Iron: 1.11mg (6.15%), Phosphorus: 51.72mg (5.17%), Calcium: 51.38mg (5.14%), Vitamin B2: 0.07mg (3.86%), Vitamin C: 2.66mg (3.23%), Vitamin B1: 0.05mg (3.1%), Vitamin B5: 0.26mg (2.6%), Zinc: 0.35mg (2.33%), Selenium: 1.58µg (2.25%), Folate: 7.28µg (1.82%)