

Spicy Mulligatawny

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup braeburn apple peeled chopped
- ☐ 0.5 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 tablespoon curry powder
- ☐ 29 ounce less-sodium chicken broth fat-free canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup bell pepper green chopped

- ☐ 1 teaspoon ground ginger
- ☐ 0.3 cup mango chutney
- ☐ 0.8 cup onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 pound chicken breast boneless skinless cut into bite-sized pieces
- ☐ 0.3 cup tomato paste
- ☐ 1 tablespoon vegetable oil divided

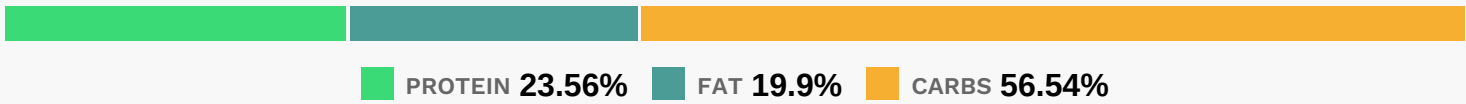
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat 1 teaspoon oil in a Dutch oven over medium-high heat.
- ☐ Add chicken, and saut 3 minutes.
- ☐ Remove from pan; set aside.
- ☐ Heat 2 teaspoons oil in pan.
- ☐ Add apple and next 4 ingredients (apple through bell pepper); saut 5 minutes, stirring frequently. Stir in the flour and next 4 ingredients (flour through salt); cook 1 minute. Stir in broth, chutney, and tomato paste; bring to a boil.
- ☐ Reduce heat; simmer 8 minutes. Return chicken to pan; cook 2 minutes or until mixture is thoroughly heated.
- ☐ Sprinkle with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:81.96, Glycemic Load:16.12, Inflammation Score:-9, Nutrition Score:17.804347717244%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg

Nutrients (% of daily need)

Calories: 256.32kcal (12.82%), Fat: 5.79g (8.91%), Saturated Fat: 0.96g (6%), Carbohydrates: 37.01g (12.34%), Net Carbohydrates: 33.04g (12.02%), Sugar: 22.03g (24.47%), Cholesterol: 36.29mg (12.1%), Sodium: 1218.48mg (52.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.42g (30.84%), Vitamin A: 3171.83IU (63.44%), Vitamin B3: 8.28mg (41.38%), Selenium: 26.17µg (37.39%), Vitamin C: 26.9mg (32.61%), Vitamin B6: 0.64mg (32.19%), Manganese: 0.46mg (23.06%), Potassium: 691.82mg (19.77%), Phosphorus: 196.02mg (19.6%), Vitamin K: 18.01µg (17.15%), Fiber: 3.97g (15.87%), Vitamin B5: 1.25mg (12.54%), Vitamin B2: 0.21mg (12.37%), Vitamin E: 1.82mg (12.15%), Iron: 2.12mg (11.8%), Copper: 0.21mg (10.46%), Magnesium: 40.62mg (10.16%), Vitamin B1: 0.14mg (9.47%), Vitamin B12: 0.52µg (8.74%), Folate: 34.8µg (8.7%), Calcium: 52.8mg (5.28%), Zinc: 0.75mg (4.99%)