



Sweet Potato Chicken Curry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 0.5 teaspoon pepper black
- ☐ 0.8 cup garbanzo beans canned rinsed drained
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 2 teaspoons curry powder
- ☐ 14 ounce fat-skimmed beef broth fat-free canned
- ☐ 1.5 teaspoons ginger fresh minced peeled
- ☐ 2 garlic clove minced

- ☐ 1 teaspoon ground coriander
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon turmeric
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 teaspoons olive oil
- ☐ 1.5 cups onion vertically sliced
- ☐ 0.5 cup peas green frozen
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds chicken breast boneless skinless cut into 1-inch pieces
- ☐ 2 cups sweet potatoes and into cubed peeled ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Combine curry powder, coriander, turmeric, salt, black pepper, red pepper, and bay leaf in a small bowl.
- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add chicken to pan; saut 5 minutes or until browned, stirring occasionally.
- ☐ Remove chicken from pan. Reduce heat to medium.
- ☐ Add onion to pan; cook 10 minutes or until tender, stirring frequently. Increase heat to medium-high; return chicken to pan. Cook 1 minute, stirring occasionally. Stir in ginger and garlic; cook 1 minute, stirring constantly.
- ☐ Add curry powder mixture; cook 2 minutes, stirring constantly.
- ☐ Add broth and tomatoes; bring to a boil. Cover, reduce heat, and simmer 1 hour. Stir in potato and chickpeas. Cook, uncovered, 30 minutes.
- ☐ Add peas; cook 5 minutes or until thoroughly heated.
- ☐ Remove from heat; stir in lemon juice. Discard bay leaf.

- ☐ Wine note: The dish's bold flavors can overpower the more delicate nuances of any wine, so opt for a refreshing white blend. Promis
- ☐ Qous (\$1
- ☐ has a touch of sweetness to cut the heat, while its citrus and floral aromas rise above the complex flavors. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:46.67, Glycemic Load:6.85, Inflammation Score:-10, Nutrition Score:22.163913224054%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg

Nutrients (% of daily need)

Calories: 216.13kcal (10.81%), Fat: 4.26g (6.56%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 20.4g (6.8%), Net Carbohydrates: 15.73g (5.72%), Sugar: 6.4g (7.11%), Cholesterol: 62.21mg (20.74%), Sodium: 660.71mg (28.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.53g (49.06%), Vitamin A: 5666.26IU (113.33%), Vitamin B3: 11.72mg (58.61%), Vitamin B6: 1.07mg (53.58%), Selenium: 33.97µg (48.52%), Phosphorus: 288.2mg (28.82%), Manganese: 0.55mg (27.29%), Potassium: 807.93mg (23.08%), Vitamin B5: 2.04mg (20.37%), Vitamin C: 15.56mg (18.86%), Fiber: 4.66g (18.66%), Magnesium: 62.52mg (15.63%), Copper: 0.28mg (13.79%), Vitamin B1: 0.19mg (12.94%), Iron: 2.26mg (12.55%), Vitamin B2: 0.19mg (11.4%), Folate: 35.53µg (8.88%), Vitamin E: 1.32mg (8.82%), Zinc: 1.22mg (8.14%), Vitamin K: 8.13µg (7.74%), Calcium: 63.12mg (6.31%), Vitamin B12: 0.31µg (5.13%)