



## Tangy Curried Chicken

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 lb chicken thighs boneless
- 1 tsp curry powder
- 3 Tbsp sandwich spread kraft
- 0.3 tsp ground pepper red
- 1 Tbsp juice of lemon
- 0.3 cup onion chopped

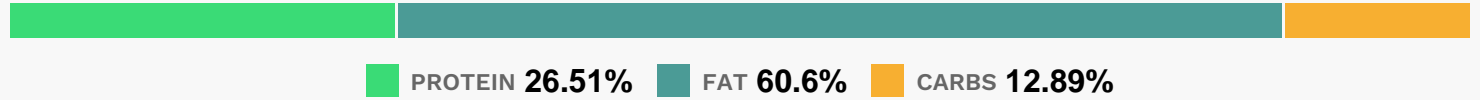
### Equipment

- frying pan

## Directions

- Mix sandwich spread, lemon juice, curry powder and pepper; pour over chicken in shallow dish. Turn chicken to evenly coat both sides; set aside.
- Cook and stir onions in large nonstick skillet on medium heat 3 minutes or until tender.
- Add chicken; cook 8 minutes on each side or until chicken is cooked through.

## Nutrition Facts



## Properties

Glycemic Index:4.76, Glycemic Load:0.66, Inflammation Score:-1, Nutrition Score:1.3286956415876%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 45.49kcal (2.27%), Fat: 3.03g (4.66%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 1.45g (0.48%), Net Carbohydrates: 1.37g (0.5%), Sugar: 0.9g (1%), Cholesterol: 17.78mg (5.93%), Sodium: 14.63mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.97%), Selenium: 3.45µg (4.93%), Vitamin B3: 0.85mg (4.25%), Vitamin B6: 0.07mg (3.31%), Phosphorus: 29.83mg (2.98%), Vitamin B12: 0.12µg (1.94%), Vitamin B5: 0.19mg (1.87%), Zinc: 0.23mg (1.56%), Vitamin B2: 0.03mg (1.54%), Potassium: 43.04mg (1.23%)