

West Indian Curried Chicken



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound meat from a rotisserie chicken cut into pieces
- ☐ 0.3 cup jamaican curry powder
- ☐ 6 cloves garlic minced
- ☐ 1 large onion diced
- ☐ 8 servings pepper sauce hot to taste
- ☐ 4 large potatoes cubed peeled
- ☐ 2 tablespoons salt
- ☐ 3 tablespoons vegetable oil

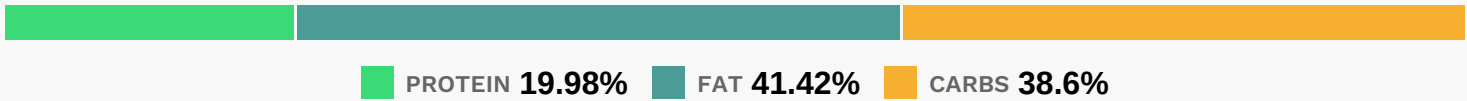
Equipment

☐ pot

Directions

☐ Heat the oil in a large pot over medium–high heat. Cook the chicken, onions, and garlic until the chicken has browned; about 5 minutes. Stir in potatoes, salt, and curry powder; add enough water to cover the chicken halfway. Cover, and simmer until tender, 30 to 40 minutes. Season to taste with hot pepper sauce.

Nutrition Facts



Properties

Glycemic Index:18.22, Glycemic Load:24.28, Inflammation Score:–6, Nutrition Score:19.697825944942%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

Nutrients (% of daily need)

Calories: 397.58kcal (19.88%), Fat: 18.61g (28.64%), Saturated Fat: 4.52g (28.25%), Carbohydrates: 39.03g (13.01%), Net Carbohydrates: 32.15g (11.69%), Sugar: 2.46g (2.74%), Cholesterol: 61.24mg (20.41%), Sodium: 1819.95mg (79.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.2g (40.4%), Vitamin C: 40.66mg (49.28%), Vitamin B6: 0.97mg (48.28%), Vitamin B3: 7.79mg (38.96%), Manganese: 0.68mg (34.06%), Potassium: 1082.04mg (30.92%), Fiber: 6.88g (27.52%), Phosphorus: 259.88mg (25.99%), Iron: 4.46mg (24.75%), Vitamin K: 21.6µg (20.57%), Magnesium: 80.03mg (20.01%), Selenium: 13.99µg (19.99%), Copper: 0.31mg (15.71%), Vitamin E: 2.31mg (15.41%), Vitamin B1: 0.23mg (15.23%), Vitamin B5: 1.33mg (13.26%), Zinc: 1.97mg (13.11%), Folate: 49.44µg (12.36%), Vitamin B2: 0.19mg (10.91%), Calcium: 75.93mg (7.59%), Vitamin B12: 0.25µg (4.22%), Vitamin A: 191.63IU (3.83%), Vitamin D: 0.16µg (1.09%)