



 **29%**
HEALTH SCORE

Yum Yum Chicken Curry

 **Gluten Free**  **Dairy Free**

READY IN



145 min.

SERVINGS



6

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 14 ounce garbanzo beans rinsed drained canned
- 8 ounce chicken broth canned
- 2 teaspoons cilantro leaves
- 1 teaspoon cumin
- 4 teaspoons curry powder
- 1.5 teaspoons ginger fresh minced peeled
- 2 garlic clove minced

- 1 tablespoon juice of lemon fresh
- 14 ounce lite coconut milk light canned
- 2 teaspoons olive oil
- 1 onion small to medium vertically sliced
- 0.5 cup peas green frozen
- 0.8 teaspoon bell pepper red
- 6 garlic powder with cumin, coriander, and garlic powder chopped
- 0.5 teaspoon salt
- 1.5 lbs chicken breast boneless skinless with curry powder
- 2 medium sweet potatoes and into cubed peeled
- 2 teaspoons turmeric

Equipment

- bowl
- frying pan
- dutch oven

Directions

- Combine curry powder, coriander, turmeric, salt, pepper, cumin, and bay leaf in small bowl.
- Heat oil in large dutch oven over medium high heat.
- Add chicken to pan, and saute' til beginning to brown (stir frequently).
- Add onions, and continue to cook til onions tender and chicken is browning (still stirring).
- Add ginger and garlic, cook 1 minute stirring constantly.
- Add curry powder mixture, stir constantly, 2 minutes.
- Add broth, tomatoes, coconut milk, and potatoes; bring to a boil.Reduce heat and simmer for an hour, stirring occasionally. After an hour, begin water for rice, and add chickpeas and green peas to curry mixture. When rice is finished, remove curry from heat and add lemon.
- Serve over rice.

Nutrition Facts

PROTEIN 38.47% FAT 29.56% CARBS 31.97%

Properties

Glycemic Index:49.78, Glycemic Load:10.93, Inflammation Score:-10, Nutrition Score:27.822608695652%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg 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: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 420.14kcal (21.01%), Fat: 13.48g (20.74%), Saturated Fat: 6.31g (39.44%), Carbohydrates: 32.8g (10.93%), Net Carbohydrates: 25.87g (9.41%), Sugar: 4.81g (5.34%), Cholesterol: 91.47mg (30.49%), Sodium: 791.75mg (34.42%), Protein: 39.47g (78.93%), Vitamin A: 10931.38IU (218.63%), Vitamin B6: 1.5mg (74.79%), Vitamin B3: 13.64mg (68.19%), Selenium: 45.99µg (65.7%), Manganese: 0.98mg (48.84%), Phosphorus: 417mg (41.7%), Fiber: 6.94g (27.74%), Potassium: 948.36mg (27.1%), Vitamin B5: 2.47mg (24.71%), Magnesium: 86.57mg (21.64%), Iron: 3.39mg (18.83%), Zinc: 2.61mg (17.42%), Copper: 0.32mg (16.05%), Vitamin C: 11.9mg (14.42%), Vitamin B2: 0.24mg (14%), Vitamin B1: 0.21mg (13.8%), Folate: 45.19µg (11.3%), Vitamin B12: 0.6µg (10.08%), Calcium: 77.82mg (7.78%), Vitamin K: 7.92µg (7.54%), Vitamin E: 1.09mg (7.28%), Vitamin D: 0.15µg (1.01%)