

## CURRY CHICKEN

Spicy

 6 hours 1 hour

### INGREDIENTS

- 4 oz of chicken, broiler or fryers, breast, skinless, boneless, meat only, raw [113 g]
- 1/2 cup, diced of potatoes, russet, flesh and skin, raw [75 g]
- 1 cup chopped of carrots, raw [128 g]
- 1 tsp of thyme, fresh [1 g]
- 1 tsp, ground of spices, pepper, black [2 g]
- 1 cup, chopped of onions, raw [160 g]
- 1 tbsp of oil, coconut [14 g]

### COOKING METHOD

1° boil

### NUTRITIONAL INFORMATION

|                              | PER 100 g | % DRI |
|------------------------------|-----------|-------|
| ENERGY                       | 89 kcal   | 4 %   |
| FAT                          | 3 g       | 5 %   |
| FATTY ACIDS, TOTAL SATURATED | 2 g       | 12 %  |
| CHOLESTEROL                  | 17 mg     | 6 %   |
| SODIUM                       | 30 mg     | 1 %   |
| CARBOHYDRATE                 | 9 g       | 3 %   |
| SUGARS                       | 3 g       | —     |
| FIBER                        | 2 g       | 6 %   |
| PROTEIN                      | 6 g       | —     |