

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	—