

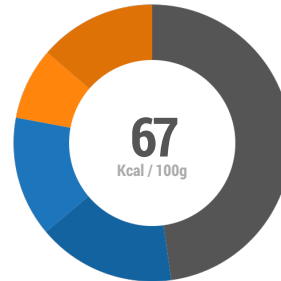
# Billys Chicken Curry

By Lisa Treacy from My Life Health and Fitness



Overview ...

U / 1456351



WEIGHT:

**30.1% Carbs**

**47.8% Protein**

**22.1% Fat**

Food Labelling...

EU Label values per 100g

Serves **8**

	PER 100G	%RI	PER 471G SERVING	%RI
Energy(Kj)	<b>303</b> kJ	4%	<b>1428</b> kJ	17%
Energy(Kcal)	<b>72</b> kcal	4%	<b>339</b> kcal	17%
Fat	<b>1.7</b> g	2%	<b>7.8</b> g	11%
of which saturates	<b>1</b> g	5%	<b>4.8</b> g	24%
Carbohydrate	<b>5.2</b> g	2%	<b>25</b> g	10%
of which sugars	<b>2.7</b> g	3%	<b>13</b> g	14%
Fibre	<b>1.5</b> g	6%	<b>7</b> g	28%
Protein	<b>8.1</b> g	16%	<b>38</b> g	76%
Salt	<b>0.14</b> g	2%	<b>0.65</b> g	11%

CONTAINS:



CELERY

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 3% RI	Saturated Fat <b>5% RI</b>	Vitamin A (ret eq) 21% RI
Energy(Kj) 3% RI	Monounsaturated fat 1% RI	Retinol
<b>67kcal</b>	cis-Mono	Carotene
<b>285kJ</b>	Polyunsaturated fat 1% RI	Vitamin D 1% RI
<b>Macronutrients</b>	Omega3(n-3) 1% RI	Vitamin E 6% RI
Carbohydrate 2% RI	Omega6(n-6) 1% RI	Vitamin K 16% RI
Protein 16% RI	cis-Poly	Thiamin (B <sub>1</sub> ) 8% RI
Fat <b>2% RI</b>	Trans-fatty acids	Riboflavin (B <sub>2</sub> ) 5% RI
Water	Cholesterol	Niacin total (B <sub>3</sub> ) 31% RI
Water from Drinks	<b>Minerals &amp; trace elements</b>	Niacin 17% RI
Alcohol (0% ABV)	Sodium <b>2% RI</b>	Tryptophan
<b>0g</b>	Potassium 17% RI	Pantothenic Acid (B <sub>5</sub> ) 8% RI
<b>0g</b>	Chloride 9% RI	Vitamin B <sub>6</sub> 14% RI
<b>0g</b>	Calcium 3% RI	Folates (B <sub>9</sub> ) Total 8% RI
<b>Carbohydrate</b>	Phosphorus 14% RI	Vitamin B <sub>12</sub> 5% RI
Starch	Magnesium 6% RI	Biotin (B <sub>7</sub> ) 3% RI
Oligosaccharide	Iron 7% RI	Vitamin C 21% RI
Fibre 6% RI	Zinc 4% RI	
NSP	Copper 9% RI	
Sugars <b>3% RI</b>		
Glucose		
Galactose		
Fructose		

Sucrose  
Maltose  
Lactose

0.79g  
trace  
0g Manganese 9% RI  
Selenium 7% RI  
Iodine 2% RI

0.19mg  
3.8ug  
3.1ug

Other


GI (estimated)  
GL  
Caffeine

51  
2.5  
-

Recipe Ingredients ...	Quantity:	Description:
Onions, raw	240g	1x large
Sweet potato, raw, flesh only	238g	1x medium 6
Carrots, old, raw	154g	2.3x NHS serving (1 medium carrot)
Peppers, capsicum, red, raw	160g	1x medium pepper
Peppers, capsicum, yellow, raw	80g	1x NHS serving (1/2 pepper)
Peppers, capsicum, green, raw	80g	1x NHS serving (1/2 pepper)
Broccoli, green, raw	138g	1.5x Large portion
Chicken, light meat, raw	1000g	31.3x slice (breast) average
Quinoa, red and white, cooked	100g	1x Small Portion
Lentils, red, split, dried, boiled in unsalted water	100g	0.5x cup
Passata, plain	500g	1x average jar
Stock, chicken, homemade	650g	2.6x cup
Turmeric, ground	3.3g	1.5x teaspoon
Curry powder	12g	2x tablespoon
Coconut milk, canned	160g	0.6x cup
Oil, coconut	7.4g	2x teaspoon liquid
Squash, butternut, raw	140g	1x cup cubes
Spinach, baby, raw	40g	2x cup
Tomatoes, cherry, raw	120g	8x cherry tomato
Celery, raw	180g	2x NHS Serving
Garlic, raw	12g	4x Average Portion
Mixed herbs, dried	4g	2x tablespoon
Courgette, raw	160g	2x Medium portion / NHS Serving

Portions / Pack Sizes ...

**1 Serving**



**471g / 339kcal**

Ingredient List (QUID) ...

Chicken (26.6%), Stock chicken homemade (17.3%), Passata (13.3%), Onions (6.4%), Sweet potatoes (6.3%), **Celery** (4.8%), Courgettes (4.2%), Coconut milk canned (4.2%), Red peppers (4.2%), Carrots (4.1%), Butternut squash (3.7%), Broccoli (3.7%), Cherry tomatoes (3.2%), Red lentils (2.7%), Quinoa (2.7%), Green peppers (2.1%), Yellow peppers (2.1%), Spinach (1.1%), Garlic (0.32%), Curry powder (0.32%), Coconut oil (0.2%), Dried mixed herbs (0.11%), Turmeric (0.09%)

- 1) Seal the chicken in 2 batches and set aside.
- 2) Melt the coconut oil and saute the onion for 2 to 3 mins.
- 3) Add the harder vegetables - Sweet potato, celery, butternut squash and carrots. Cook for 5 minutes and add the peppers, courgette and garlic. Cook for another 5 mins.
- 4) Add the curry powder, turmeric and dried herbs. Cook for another 2-3 mins. Then add the passata and chicken stock. Add in the chicken and broccoli leave to simmer for 20 mins