

Curried Chicken Thighs

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-curried-chicken-recipe-chicken-thighs>

Ingredients:

- 2 tablespoons canola oil divided
- 9 chicken thighs
- salt
- pepper
- 1 onion large, chopped
- 4 teaspoons curry powder
- 1 1/2 teaspoons canela
- 1 teaspoon cumin
- 1/2 teaspoon turmeric
- 1/2 teaspoon Garam Masala
- 2 carrots peeled and chopped
- 1 broccoli floret chopped, about 1 cup
- 2 cups low sodium chicken broth
- 1/4 cup heavy cream

Nutrition:

1. Calories: 860 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 310 milligrams
4. Fat: 62 grams
5. Fiber: 2 grams
6. Protein: 62 grams
7. SaturatedFat: 17 grams
8. Sodium: 440 milligrams
9. Sugar: 2 grams

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