

Creamy Chicken Curry

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-creamy-chicken-curry-recipe>

Ingredients:

- 1 pound asparagus spears ends trimmed
- 4 chicken breasts boneless, skinless
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 can cream of chicken soup Use a gluten free brand if you are gluten free
- 1/2 cup mayonnaise
- 1 teaspoon lemon juice
- 1 teaspoon curry powder
- 1 cup sharp cheddar cheese shredded

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 190 milligrams
4. Fat: 37 grams
5. Fiber: 2 grams
6. Protein: 59 grams
7. SaturatedFat: 12 grams
8. Sodium: 1450 milligrams
9. Sugar: 5 grams

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