

West Indian Curried Chicken

Yield: 8 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-potato-roti-recipe>

Ingredients:

- 3 tablespoons vegetable oil
- 3 pounds chicken cut into pieces
- 1 onion large, diced
- 6 cloves garlic minced
- 4 potatoes large, peeled and cubed
- 2 tablespoons salt
- 1/4 cup curry powder Jamaican
- hot pepper sauce to taste

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 110 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 37 grams
7. SaturatedFat: 2 grams
8. Sodium: 1970 milligrams
9. Sugar: 2 grams

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