



A Taste of Africa - Kenyan Chicken Curry

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



1173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 600 g onion chopped
- 800 g canned tomatoes tinned crushed
- 1 kg strips. cut into 3 cm pieces
- 1 kg strips. cut into 3 cm pieces
- 1 teaspoon pepper
- 2 teaspoons chili powder
- 2 to 2 chilies slit green finely chopped
- 1 stick cinnamon

- 300 ml cup heavy whipping cream
- 0.3 cup coriander leaves coarsely chopped
- 40 g ginger fresh grated
- 3 teaspoons garam masala
- 6 garlic clove crushed
- 1 tablespoon ground coriander
- 1 teaspoon ground cumin
- 2 teaspoons ground fenugreek
- 2 teaspoons turmeric
- 1 tablespoon honey
- 0.5 cup juice of lemon
- 1 teaspoon paprika
- 0.3 cup yogurt plain
- 0.3 cup vegetable oil

Equipment

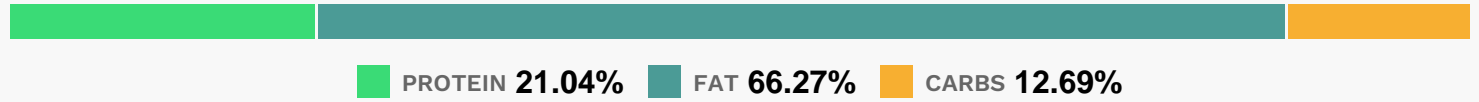
- bowl
- sauce pan
- oven
- baking pan

Directions

- Combine half the ginger, half the garlic, half the turmeric, half the lemon juice and half the oil in a large bowl with ALL the cumin, garam masala, ground coriander, paprika, chilli flakes and yoghurt.
- Add the chicken, turn to coat in marinade. Cover and refrigerate for at least 30 minutes. Preheat oven to very hot (220C/425F). Cook chicken in lightly oiled shallow flameproof baking dish, uncovered, 10 minutes. (With the marinade).
- Heat remaining oil in large saucepan, cook onion, chilli powder, fenugreek, remaining ginger, garlic and turmeric, stirring, until onion softens.

- Add tomatoes (with their juice), cinnamon, green chillies and remaining lemon juice. Simmer, covered, for 10 minutes. Stir in cream and honey, simmer, uncovered, for one minute.
- Add chicken to curry, simmer about 5 minutes or until chicken is cooked through.
- Remove from heat, stir in fresh coriander, serve over basmati rice, garnish with fresh coriander.

Nutrition Facts



Properties

Glycemic Index:35.21, Glycemic Load:6.86, Inflammation Score:-10, Nutrition Score:50.939565078072%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 20.43mg, Quercetin: 20.43mg, Quercetin: 20.43mg, Quercetin: 20.43mg

Nutrients (% of daily need)

Calories: 1173.04kcal (58.65%), Fat: 87.72g (134.95%), Saturated Fat: 28.77g (179.84%), Carbohydrates: 37.8g (12.6%), Net Carbohydrates: 29.97g (10.9%), Sugar: 16.94g (18.83%), Cholesterol: 384.83mg (128.28%), Sodium: 546.78mg (23.77%), Alcohol: 0g (100%), Protein: 62.67g (125.34%), Vitamin K: 174.06µg (165.77%), Vitamin C: 87.29mg (105.8%), Selenium: 69.37µg (99.1%), Vitamin B3: 18.66mg (93.3%), Vitamin B6: 1.65mg (82.64%), Phosphorus: 708.47mg (70.85%), Manganese: 1.34mg (67.2%), Iron: 9.91mg (55.08%), Potassium: 1859.55mg (53.13%), Vitamin B2: 0.83mg (48.64%), Magnesium: 188.3mg (47.08%), Vitamin A: 2343.77IU (46.88%), Vitamin B5: 4.13mg (41.28%), Vitamin B12: 2.25µg (37.53%), Zinc: 5.6mg (37.36%), Vitamin B1: 0.55mg (36.98%), Copper: 0.71mg (35.41%), Fiber: 7.83g (31.33%), Vitamin E: 4.52mg (30.14%), Calcium: 293.79mg (29.38%), Folate: 82.56µg (20.64%), Vitamin D: 1.15µg (7.66%)