



Beginner's Indian Curry



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 cups chicken breast cubed cooked
- ☐ 0.3 teaspoon cumin seeds crushed
- ☐ 0.3 teaspoon ground chili red
- ☐ 0.3 teaspoon ground turmeric
- ☐ 0.8 cup coconut milk light
- ☐ 0.5 teaspoon mustard seeds crushed
- ☐ 0.3 teaspoon salt
- ☐ 1 cup tomatoes diced canned drained

☐ 1 tablespoon vegetable oil

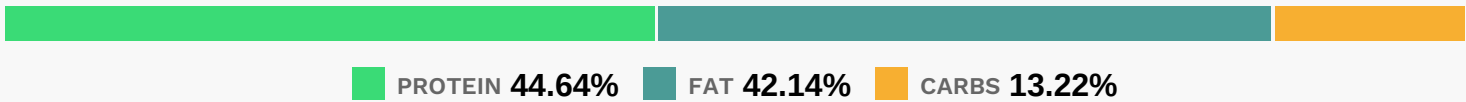
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large skillet over medium heat.
- ☐ Add the mustard and cumin seeds. Cook 2 minutes or until seeds are fragrant, stirring frequently.
- ☐ Combine the tomato and oil in a small bowl; add to the seeds. Cook 1 minute, stirring constantly.
- ☐ Stir in the turmeric, red chili, and salt. Cook, stirring, for another minute.
- ☐ Add chicken and cook for 1 minute. Stir in coconut milk; cover. Simmer over low heat 10 minutes or until chicken is cooked through.
- ☐ Serve hot, spooned over warm basmati rice.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:1.24, Inflammation Score:-7, Nutrition Score:9.6330435340819%

Nutrients (% of daily need)

Calories: 184.9kcal (9.24%), Fat: 8.45g (13%), Saturated Fat: 3.68g (22.97%), Carbohydrates: 5.96g (1.99%), Net Carbohydrates: 4.68g (1.7%), Sugar: 2.7g (3%), Cholesterol: 52.06mg (17.35%), Sodium: 304.13mg (13.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.14g (40.28%), Vitamin B3: 9.18mg (45.91%), Selenium: 18.09µg (25.84%), Vitamin B6: 0.47mg (23.26%), Phosphorus: 163.45mg (16.34%), Potassium: 344.69mg (9.85%), Vitamin K: 9.82µg (9.35%), Iron: 1.62mg (8.98%), Vitamin E: 1.27mg (8.5%), Magnesium: 32.14mg (8.03%), Vitamin B5: 0.76mg (7.63%), Manganese: 0.15mg (7.34%), Copper: 0.15mg (7.32%), Vitamin C: 5.64mg (6.83%), Vitamin B1: 0.09mg (6.17%), Vitamin B2: 0.1mg (6.13%), Zinc: 0.82mg (5.44%), Fiber: 1.28g (5.11%), Vitamin A: 181.7IU (3.63%), Vitamin B12: 0.21µg (3.47%), Calcium: 32.65mg (3.27%), Folate: 11.02µg (2.75%)