



Bengali Chicken Curry with Potatoes

 Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon ground pepper to taste
- 1 teaspoon curry powder
- 0.5 cup cilantro leaves fresh
- 1 teaspoon garam masala
- 1 tablespoon ginger garlic paste
- 1 teaspoon ground cumin
- 1 teaspoon turmeric
- 2 tablespoons olive oil

- 2 large onion diced
- 2 large potatoes - remove skin chopped
- 4 chicken breast halves boneless skinless cut into bite-size pieces
- 2 large tomatoes diced

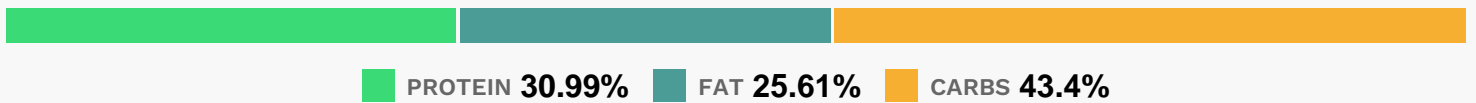
Equipment

- frying pan

Directions

- Heat the olive oil in a large skillet over medium-high heat. Cook and stir the onions in the hot oil until translucent, about 5 minutes.
- Add the ginger-garlic paste and continue cooking another 5 minutes. Reduce heat to medium; stir the tomatoes into the mixture and cook until the tomatoes are pulpy, 5 to 10 minutes. Season with the cayenne pepper, curry powder, garam masala, turmeric, and cumin; cook and stir another 5 minutes.
- Add the chicken and potatoes to the mixture in the skillet; simmer, stirring occasionally, until the potatoes are tender and the chicken is no longer pink in the center, about 20 minutes.
- Sprinkle the cilantro over the mixture and continue simmering another 10 minutes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:2.56, Inflammation Score:-10, Nutrition Score:25.757826183153%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg 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: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 18.01mg, Quercetin: 18.01mg, Quercetin: 18.01mg, Quercetin: 18.01mg

Nutrients (% of daily need)

Calories: 378.05kcal (18.9%), Fat: 10.83g (16.66%), Saturated Fat: 1.78g (11.12%), Carbohydrates: 41.29g (13.76%), Net Carbohydrates: 35.18g (12.79%), Sugar: 8.06g (8.96%), Cholesterol: 72.32mg (24.11%), Sodium: 175.93mg (7.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.49g (58.98%), Vitamin B3: 14.66mg (73.32%), Vitamin B6: 1.36mg (67.75%), Selenium: 37.65µg (53.79%), Potassium: 1632.58mg (46.65%), Vitamin C: 36.39mg (44.11%), Phosphorus: 401.44mg (40.14%), Manganese: 0.57mg (28.67%), Fiber: 6.11g (24.45%), Vitamin K: 24.47µg (23.31%), Vitamin A: 1160.64IU (23.21%), Magnesium: 92.82mg (23.21%), Vitamin B5: 2.31mg (23.1%), Vitamin B1: 0.3mg (19.87%), Copper: 0.38mg (18.92%), Folate: 68.42µg (17.1%), Iron: 2.97mg (16.49%), Vitamin E: 2.09mg (13.93%), Vitamin B2: 0.22mg (12.93%), Zinc: 1.63mg (10.9%), Calcium: 60.56mg (6.06%), Vitamin B12: 0.23µg (3.77%)