



Burmese Chicken Curry



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon cayenne pepper
- ☐ 5 teaspoons corn oil
- ☐ 2 teaspoons curry powder
- ☐ 1 tablespoon fish sauce
- ☐ 1 teaspoon ginger root fresh minced
- ☐ 0.5 teaspoon garam masala
- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon lemon grass minced

- ☐ 2 onions chopped
- ☐ 2 teaspoons paprika
- ☐ 1 teaspoon salt
- ☐ 2.3 pounds chicken thighs boneless skinless cut into chunks
- ☐ 2 tomatoes chopped
- ☐ 1 cup water

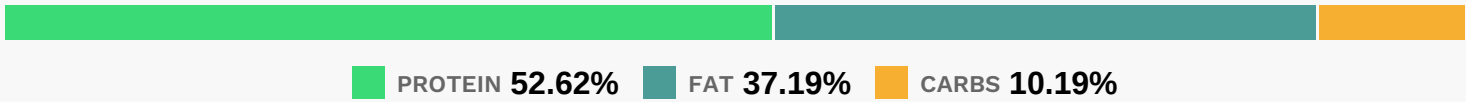
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Rub chicken thighs with curry powder, garam masala, salt. Cover and set aside.
- ☐ Place onion, garlic, ginger, cayenne pepper, and paprika in a blender with 2 tablespoons of water and blend into a smooth paste.
- ☐ Heat the oil in a large, lidded skillet over medium heat. Cook and stir onion mixture until darkened, about 7 minutes. Stir in chicken thighs and cook for 3 to 4 minutes, then add tomatoes, lemon grass, and fish sauce. Cook for 2 minutes. Stir in 1 cup of water and bring the curry to a boil. Cover and reduce heat to low and cook until the chicken begins to fall apart, stirring occasionally, 25 to 35 minutes.
- ☐ Remove lid and increase heat. Cook until the sauce is reduced, about 5 minutes. Skim off excess oil from the top and discard.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:1.01, Inflammation Score:-6, Nutrition Score:13.036956631619%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin:

1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 196.98kcal (9.85%), Fat: 8.01g (12.32%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 4.94g (1.65%), Net Carbohydrates: 3.68g (1.34%), Sugar: 2.15g (2.39%), Cholesterol: 121.19mg (40.4%), Sodium: 585.9mg (25.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.5g (51%), Selenium: 29.45µg (42.07%), Vitamin B3: 7.48mg (37.4%), Vitamin B6: 0.67mg (33.33%), Phosphorus: 259.5mg (25.95%), Vitamin B5: 1.61mg (16.14%), Vitamin B2: 0.25mg (14.73%), Zinc: 2.11mg (14.04%), Vitamin B12: 0.83µg (13.79%), Potassium: 459.7mg (13.13%), Vitamin A: 590.9IU (11.82%), Magnesium: 42.5mg (10.62%), Vitamin B1: 0.14mg (9.64%), Iron: 1.47mg (8.19%), Vitamin C: 6.74mg (8.17%), Vitamin K: 8.31µg (7.92%), Manganese: 0.15mg (7.63%), Vitamin E: 1.07mg (7.11%), Copper: 0.12mg (5.92%), Fiber: 1.26g (5.04%), Folate: 17.39µg (4.35%), Calcium: 28.57mg (2.86%)