



Cauliflower Curry With Chicken



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 head cauliflower trimmed (into 1/ florets)
- ☐ 1 pinch cayenne pepper
- ☐ 1 lb meat from a rotisserie chicken boneless skinless cubed cut into 1/4 inch cubes
- ☐ 1 tablespoon cumin seed
- ☐ 2 teaspoons curry powder
- ☐ 4 servings cilantro leaves fresh minced
- ☐ 2 teaspoons garlic minced
- ☐ 2 tablespoons ginger minced

- ☐ 1 juice of lemon
- ☐ 0.5 cup onion minced
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 5 plum tomatoes with liquid canned
- ☐ 4 servings raisins
- ☐ 4 servings salt & pepper black freshly ground
- ☐ 0.3 cup water

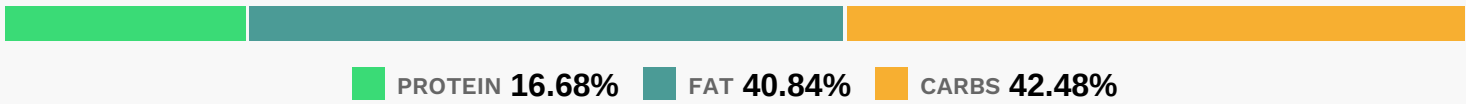
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in 12 inch skillet on high.2 Lower heat and add onion, ginger, garlic, and cayenne and cook until it begins to brown (5 min).3
- ☐ Add the cumin seeds and curry. Cook briefly (30 seconds).4
- ☐ Add cauliflower and cook for about one minute over high heat.5
- ☐ Cut up the tomatoes add them with the juice, 1/4 cup of water, salt and pepper. Cover and turn heat to medium-low.6 Cook for about 15 minutes. Stir occasionally until the cauliflower is tender.7
- ☐ Add the chicken. Stir and cover for about 8 more minutes.8 **If the sauce starts drying out, add some more water.9
- ☐ Add the lemon juice.10 Taste and adjust seasoning.11
- ☐ Sprinkle with cilantro and serve over rice.

Nutrition Facts



Properties

Glycemic Index:76.7, Glycemic Load:15.49, Inflammation Score:-8, Nutrition Score:20.753912967184%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

Nutrients (% of daily need)

Calories: 341.51kcal (17.08%), Fat: 16.47g (25.34%), Saturated Fat: 3.86g (24.12%), Carbohydrates: 38.53g (12.84%), Net Carbohydrates: 31.7g (11.53%), Sugar: 5.96g (6.62%), Cholesterol: 40.82mg (13.61%), Sodium: 98.94mg (4.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.14g (30.27%), Vitamin C: 87.7mg (106.3%), Vitamin B6: 0.64mg (32.21%), Potassium: 1065.93mg (30.46%), Vitamin K: 30.95µg (29.48%), Manganese: 0.57mg (28.4%), Fiber: 6.83g (27.33%), Vitamin B3: 5.4mg (27%), Folate: 105.25µg (26.31%), Phosphorus: 205.5mg (20.55%), Iron: 3.48mg (19.34%), Vitamin B5: 1.59mg (15.89%), Magnesium: 62.72mg (15.68%), Vitamin A: 769.37IU (15.39%), Vitamin B2: 0.24mg (14.03%), Vitamin E: 2.1mg (14.01%), Selenium: 9.48µg (13.55%), Copper: 0.27mg (13.25%), Vitamin B1: 0.19mg (12.93%), Zinc: 1.47mg (9.81%), Calcium: 81.82mg (8.18%), Vitamin B12: 0.17µg (2.81%)