



Chicken and Spinach Curry

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



654 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 ounces butter
- 3 lbs chicken
- 0.5 teaspoon chili powder
- 0.5 teaspoon cumin seeds
- 8 curry leaves
- 0.5 teaspoon fennel seeds
- 1 inch ginger fresh grated
- 0.5 teaspoon garam masala

- 2 garlic clove chopped
- 3 garlic clove crushed
- 1 teaspoon ground coriander
- 1 teaspoon fennel powder
- 4 tablespoons cooking oil
- 2 medium onion chopped
- 4 tablespoons yogurt plain
- 2 chilies dried red chopped
- 1.5 teaspoons salt
- 1 lb pkt spinach fresh
- 1 teaspoon turmeric
- 3 fluid ounces water

Equipment

- bowl
- frying pan

Directions

- Cut the chicken so that the legs are separated from the thighs, cut each breast in two lengthwise.
- Mix together in a bowl the turmeric, fennel, coriander and chili powder with 3 tbsp water to make a paste.
- Heat the oil over medium heat and fry the onions, ginger and garlic, till the onions are brown, 5 minutes. Turn the heat to low and fry the spice paste stir and cook for 5 minutes. To the bowl in which the spices were mixed add 3 tbsp water, stir to remove all traces of the spices and add the water to the pan. Stir and cook 3 minutes. Turn the heat to medium and add the chicken, stir and fry for 4 minutes, till the chicken changes colour.
- Add 1 tsp of the salt and the water, bring to the boil, cover with a lid, reduce the heat and simmer for 20 minutes. Melt the butter in a separate pan and add the garlic, curry leaves, cumin, fennel and red chillies. Stir and add the spinach and 1/2 tsp salt. Fry for 5 minutes.
- Add the spinach to the chicken mix well, cover the pan and cook for 20 minutes.

- Mix in the yogurt and garam masala stir well to blend the yogurt with the chicken and spinach.
Cook uncovered 6 minutes, stirring frequently.

Nutrition Facts

PROTEIN 21.6% **FAT 70.27%** **CARBS 8.13%**

Properties

Glycemic Index:53.25, Glycemic Load:2.24, Inflammation Score:-10, Nutrition Score:43.426956280418%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 7.6mg, Kaempferol: 7.6mg, Kaempferol: 7.6mg, Kaempferol: 7.6mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg

Nutrients (% of daily need)

Calories: 654.12kcal (32.71%), Fat: 51.66g (79.48%), Saturated Fat: 15.91g (99.43%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 8.99g (3.27%), Sugar: 3.96g (4.4%), Cholesterol: 155.55mg (51.85%), Sodium: 1186.41mg (51.58%), Alcohol: 0g (100%), Protein: 35.74g (71.48%), Vitamin K: 562.08µg (535.31%), Vitamin A: 11457.55IU (229.15%), Vitamin B3: 35.19mg (175.97%), Manganese: 3.19mg (159.75%), Folate: 477.79µg (119.45%), Vitamin C: 80.4mg (97.45%), Vitamin B6: 0.93mg (46.67%), Vitamin E: 5.73mg (38.19%), Selenium: 26.28µg (37.54%), Phosphorus: 350.29mg (35.03%), Magnesium: 139.81mg (34.95%), Potassium: 1124.25mg (32.12%), Iron: 5.41mg (30.08%), Vitamin B2: 0.47mg (27.93%), Zinc: 3.12mg (20.79%), Calcium: 203.75mg (20.37%), Fiber: 4.45g (17.81%), Vitamin B5: 1.75mg (17.51%), Vitamin B1: 0.23mg (15.49%), Copper: 0.29mg (14.51%), Vitamin B12: 0.6µg (10.07%), Vitamin D: 0.35µg (2.31%)