

# Chicken Curry

 Gluten Free

READY IN



107 min.

SERVINGS



4

CALORIES



622 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 bay leaves
- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons butter (or ghee)
- 2 cups canned tomatoes whole with juices canned peeled seeded
- 3 cardamom pods
- 4 servings cashew pieces chopped for garnish to taste
- 1.5 cups chicken stock homemade
- 2 cinnamon sticks whole

- 4 servings basmati rice cooked for serving to taste
- 2.5 teaspoons coriander seeds
- 2 teaspoons cumin seeds
- 0.5 cup cilantro leaves fresh chopped
- 2 tablespoons ginger fresh minced
- 2 cloves garlic minced
- 0.5 teaspoon ginger
- 0.8 cup golden raisins roughly chopped
- 4 servings mango chutney for garnish to taste
- 3 medium onion halved thinly sliced
- 0.3 cup yogurt plain
- 0.1 teaspoon pepper red crushed
- 1 teaspoon salt
- 2 chicken breast whole boneless skinless cut into 2-inch pieces
- 0.5 teaspoon turmeric
- 1 pinch frangelico
- 4 servings frangelico for serving to taste
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- 4 servings frangelico for serving to taste

## Equipment

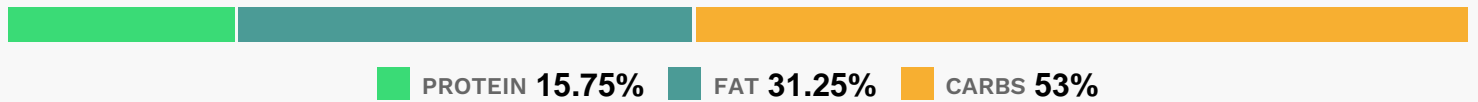
- bowl
- frying pan
- pot

## Directions

- In a dry skillet over medium heat, toast coriander and cumin seeds until fragrant, 1 to 2 minutes.
- Transfer to spice grinder, add crushed red-pepper flakes, and grind to a powder.

- Place in a small bowl, and add turmeric, ginger, cloves, salt, and black pepper.
- Add chicken, and toss to coat.
- Heat peanut oil in a large pot over medium-high heat.
- Add chicken, cooking until browned, 3 to 5 minutes.
- Remove chicken. Set aside. Reduce heat, and add ginger, garlic, and onions. Cook until softened and deep-brown in color, 8 to 10 minutes.
- Add cinnamon sticks, bay leaf, and cardamom pods; cook for 10 minutes.
- Add tomatoes, chicken stock, and cooked chicken. Raise heat to medium high, and cook until liquid is reduced, about 15 minutes. Meanwhile, toast pappadams. Reduce heat to low, and stir in yogurt and raisins. Cook until warmed throughout; add cilantro.
- Serve with basmati rice, and garnish with cashews.

## Nutrition Facts



## Properties

Glycemic Index:121.47, Glycemic Load:47.22, Inflammation Score:-10, Nutrition Score:28.817391456469%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 19.08mg, Quercetin: 19.08mg, Quercetin: 19.08mg, Quercetin: 19.08mg

## Nutrients (% of daily need)

Calories: 621.73kcal (31.09%), Fat: 22.58g (34.74%), Saturated Fat: 6.96g (43.5%), Carbohydrates: 86.17g (28.72%), Net Carbohydrates: 78.67g (28.61%), Sugar: 34.96g (38.85%), Cholesterol: 53.2mg (17.73%), Sodium: 919.87mg (39.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.61g (51.22%), Manganese: 2.05mg (102.5%), Copper: 1.06mg (53.22%), Vitamin B6: 1mg (50.24%), Phosphorus: 474.79mg (47.48%), Vitamin B3: 9.22mg (46.09%), Selenium: 32.23µg (46.05%), Magnesium: 162.22mg (40.56%), Potassium: 1201.64mg (34.33%), Iron: 5.95mg (33.05%), Fiber: 7.5g (30%), Vitamin C: 22.79mg (27.63%), Zinc: 3.35mg (22.34%), Vitamin K: 22.96µg (21.87%), Vitamin B1: 0.3mg (19.98%), Vitamin B2: 0.31mg (18.15%), Vitamin B5: 1.76mg (17.63%), Calcium: 168.6mg (16.86%), Folate: 43.81µg (10.95%), Vitamin E: 1.64mg (10.92%), Vitamin A: 523.49IU (10.47%), Vitamin B12: 0.27µg (4.5%)