



Chicken Curry V

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cardamom pod whole
- 1 stick piece cinnamon (2 inch)
- 0.5 cup coconut milk thick
- 2 teaspoons curry leaves fresh chopped
- 4 tablespoons curry paste
- 1 slice ginger root fresh chopped
- 4 cloves garlic chopped
- 2 tablespoons olive oil

- 4 servings salt to taste
- 1 tablespoon shallots chopped
- 3 pounds chicken breast halves boneless skinless cut into 2 inch pieces
- 0.5 star anise pod
- 2 tablespoons tamarind juice
- 2 cups water

Equipment

- frying pan

Directions

- Heat oil in a large, deep skillet over medium heat.
- Saute the cinnamon, cardamom, anise, cloves and curry leaves for 2 to 3 minutes, then stir in shallots, garlic and ginger and saute until fragrant. Stir in curry paste and cook for 5 minutes, stirring constantly.
- Pour in the coconut milk and water and let simmer for 3 to 4 minutes; add chicken, tamarind juice and salt and simmer, stirring occasionally, for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:1.19, Inflammation Score:-10, Nutrition Score:38.987391264542%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 540.29kcal (27.01%), Fat: 23.05g (35.46%), Saturated Fat: 8.71g (54.47%), Carbohydrates: 6.29g (2.1%), Net Carbohydrates: 4.76g (1.73%), Sugar: 2.26g (2.51%), Cholesterol: 217.72mg (72.57%), Sodium: 600mg (26.09%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 73.55g (147.1%), Vitamin B3: 92.4mg (462%), Selenium: 109.36µg (156.22%), Folate: 597.84µg (149.46%), Vitamin B6: 2.61mg (130.32%), Vitamin C: 106.05mg (128.55%), Phosphorus: 751.34mg (75.13%), Vitamin A: 2654.21IU (53.08%), Vitamin B5: 4.92mg (49.24%), Potassium: 1356.6mg (38.76%), Manganese: 0.63mg (31.4%), Magnesium: 107.39mg (26.85%), Vitamin B2: 0.35mg (20.66%), Iron: 2.97mg (16.51%), Vitamin B1: 0.24mg (15.69%), Zinc: 2.26mg (15.04%), Vitamin B12: 0.68µg (11.34%), Vitamin E: 1.69mg (11.25%), Copper: 0.2mg (9.79%), Calcium: 85.95mg (8.6%), Fiber: 1.53g (6.1%), Vitamin K: 5.25µg (5%), Vitamin D: 0.34µg (2.27%)