

Chicken Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 1 tablespoon cilantro leaves fresh chopped for garnish
- ☐ 1 teaspoon garam masala
- ☐ 1 teaspoon ginger garlic paste
- ☐ 2 chile peppers green chopped
- ☐ 3 teaspoons ground coriander seed
- ☐ 1 pinch ground nutmeg
- ☐ 0.5 teaspoon ground turmeric

- ☐ 1 onion sliced
- ☐ 5 servings salt to taste
- ☐ 1 pound chicken breast halves boneless skinless
- ☐ 2 tablespoons vegetable oil

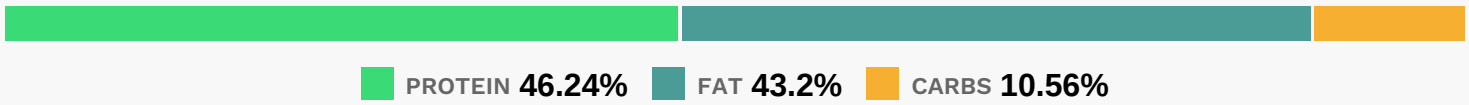
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a pan.
- ☐ Add onions, green chilies, garam masala powder, ginger-garlic paste and fry until onions turn golden brown.
- ☐ Add chicken pieces, turmeric, nutmeg, pepper and chili powders and let cook for 5 to 6 minutes.
- ☐ Add salt and additional coriander powder to taste and cook until done.
- ☐ Garnish with cilantro if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:26.8, Glycemic Load:0.5, Inflammation Score:-9, Nutrition Score:10.666956409164%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 173.92kcal (8.7%), Fat: 8.22g (12.65%), Saturated Fat: 1.43g (8.96%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 2.75g (1%), Sugar: 1.63g (1.81%), Cholesterol: 58.06mg (19.35%), Sodium: 367.58mg (15.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.81g (39.62%), Vitamin B3: 9.57mg (47.87%), Selenium: 29.55µg (42.21%), Vitamin B6: 0.72mg (35.91%), Phosphorus: 204mg (20.4%), Vitamin B5: 1.32mg (13.24%), Potassium: 396.99mg (11.34%), Vitamin K: 10.97µg (10.45%), Magnesium: 31.12mg (7.78%), Fiber: 1.77g (7.08%),

Vitamin C: 5.21mg (6.32%), Vitamin B2: 0.1mg (6.15%), Vitamin E: 0.78mg (5.22%), Vitamin B1: 0.07mg (4.87%),
Manganese: 0.09mg (4.69%), Zinc: 0.65mg (4.34%), Iron: 0.74mg (4.11%), Vitamin A: 151.86IU (3.04%), Vitamin B12:
0.18µg (3.02%), Copper: 0.05mg (2.62%), Folate: 8.2µg (2.05%), Calcium: 20.33mg (2.03%)