

# Chicken Jalfarezi

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

READY IN



40 min.

SERVINGS



4

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 teaspoon chili powder
- 1 pound meat from a rotisserie chicken cooked chopped
- 4 sprigs cilantro leaves fresh for garnish
- 0.5 teaspoon garam masala
- 3 cloves garlic minced
- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 1 teaspoon ground turmeric

- 1 large onion finely chopped
- 1 small bell pepper red chopped
- 4 servings salt to taste
- 1 tablespoon tomato paste
- 2 tomatoes chopped
- 4 teaspoons vegetable oil
- 1 teaspoon vinegar white

## Equipment

- frying pan

## Directions

- Heat the oil in a large skillet over medium heat, and cook and stir the onion and garlic until tender.
- Mix in the tomato paste, tomatoes, and vinegar. Season with turmeric, cumin, coriander, chili powder, and garam masala. Continue to cook and stir until blended and heated through, about 10 minutes.
- Mix the red bell pepper and chicken into the skillet. Reduce heat, and simmer 6 to 8 minutes, until chicken is heated through. Season with salt.
- Garnish with cilantro sprigs to serve.

## Nutrition Facts



## Properties

Glycemic Index:66, Glycemic Load:2.13, Inflammation Score:-10, Nutrition Score:17.002173942068%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 9.23mg, Quercetin: 9.23mg, Quercetin: 9.23mg

9.23mg, Quercetin: 9.23mg

## Nutrients (% of daily need)

Calories: 272.56kcal (13.63%), Fat: 12.49g (19.22%), Saturated Fat: 2.82g (17.61%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 6.99g (2.54%), Sugar: 4.55g (5.06%), Cholesterol: 85.05mg (28.35%), Sodium: 322.15mg (14.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.06g (60.11%), Vitamin B3: 9.76mg (48.81%), Vitamin C: 37.26mg (45.17%), Selenium: 28.81µg (41.16%), Vitamin B6: 0.67mg (33.41%), Vitamin A: 1427.23IU (28.54%), Phosphorus: 260.41mg (26.04%), Vitamin K: 21.92µg (20.87%), Potassium: 585.58mg (16.73%), Manganese: 0.28mg (13.77%), Zinc: 2.06mg (13.72%), Iron: 2.35mg (13.07%), Vitamin B2: 0.22mg (13.03%), Vitamin B5: 1.3mg (12.96%), Magnesium: 42.46mg (10.62%), Fiber: 2.41g (9.63%), Vitamin E: 1.35mg (8.99%), Vitamin B1: 0.13mg (8.82%), Folate: 32.75µg (8.19%), Copper: 0.16mg (7.77%), Vitamin B12: 0.33µg (5.48%), Calcium: 42.71mg (4.27%)