

Chicken Korma

 Gluten Free

READY IN



50 min.

SERVINGS



2

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup buttermilk
- 4 sticks cinnamon (2 inch)
- 2 tablespoons parsley fresh chopped
- 2 cloves garlic minced
- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 1 onion thinly sliced
- 0.5 teaspoon pepper flakes red crushed

- 0.5 teaspoon salt
- 10 cardamom seeds
- 12 ounce chicken breast halves boneless skinless
- 0.5 cup tomato sauce
- 1 tablespoon vegetable oil
- 0.5 cup warm water

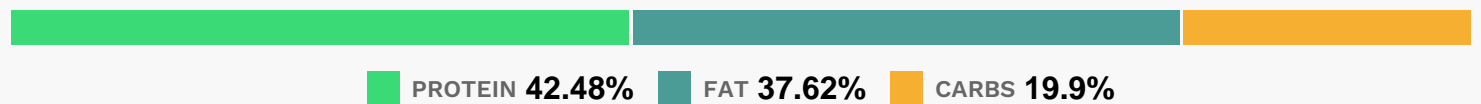
Equipment

- frying pan

Directions

- In a large skillet, heat oil over medium heat. Cook cinnamon sticks, cloves, and cardamom seeds in hot oil for three minutes. Stir in onion and garlic, and cook until soft.
- Cut each chicken breast half into 4 pieces, and add to skillet; cook for about 5 to 8 minutes.
- Season with salt, red pepper flakes, coriander, and cumin. Stir in the tomato sauce and water. Continue cooking for 10 minutes.
- Stir in buttermilk, and cook for 5 to 8 minutes. Just before serving, mix in the parsley.

Nutrition Facts



Properties

Glycemic Index:87.5, Glycemic Load:3.51, Inflammation Score:-8, Nutrition Score:31.518695499586%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 11.23mg, Quercetin: 11.23mg, Quercetin: 11.23mg, Quercetin: 11.23mg

Nutrients (% of daily need)

Calories: 385.9kcal (19.29%), Fat: 16.28g (25.04%), Saturated Fat: 3.57g (22.29%), Carbohydrates: 19.37g (6.46%), Net Carbohydrates: 12.75g (4.64%), Sugar: 7.78g (8.65%), Cholesterol: 115.46mg (38.49%), Sodium: 1149.83mg (49.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.34g (82.69%), Vitamin B3: 18.72mg (93.62%), Selenium: 58.2µg (83.14%), Vitamin K: 83.35µg (79.38%), Vitamin B6: 1.49mg (74.31%), Manganese: 1.48mg (73.99%), Phosphorus: 458.12mg (45.81%), Potassium: 1062.08mg (30.35%), Vitamin B5: 2.97mg (29.72%), Fiber: 6.68g (26.73%), Vitamin C: 17.07mg (20.69%), Vitamin B2: 0.35mg (20.34%), Calcium: 191.8mg (19.18%), Magnesium: 76.69mg (19.17%), Vitamin A: 928.82IU (18.58%), Iron: 2.74mg (15.21%), Vitamin E: 2.22mg (14.78%), Vitamin B1: 0.19mg (12.91%), Zinc: 1.72mg (11.5%), Copper: 0.22mg (10.78%), Vitamin B12: 0.62µg (10.27%), Folate: 32.55µg (8.14%), Vitamin D: 0.95µg (6.33%)