



Chicken Korma

READY IN



35 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cilantro leaves fresh plus more for garnish chopped
- 2 cloves garlic smashed
- 1 piece ginger peeled thinly sliced
- 0.8 pound ground chicken
- 0.5 teaspoon ground coriander
- 1 teaspoon ground cumin
- 4 servings kosher salt
- 0.3 cup yogurt plain low-fat plus more for garnish
- 0.3 cup peas frozen thawed

- 4 pocketless pitas
- 1 large onion red sliced chopped
- 0.3 cup vegetable oil plus more for brushing

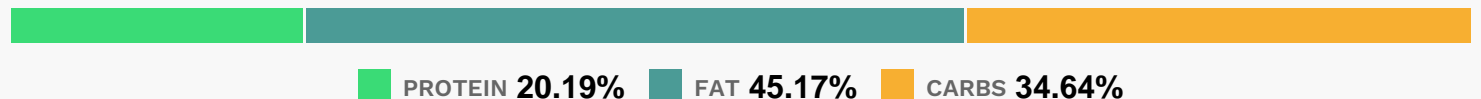
Equipment

- food processor
- frying pan

Directions

- Puree the chopped onion in a food processor with the ginger, garlic, coriander, cumin, 1/2 teaspoon salt and 1/2 cup water.
- Heat the vegetable oil in a skillet over medium-high heat.
- Add the sliced onion and cook until golden, 4 to 5 minutes.
- Add the spice paste and cook, stirring, until slightly dry, 8 to 10 minutes.
- Add the chicken and cook until opaque, breaking up the meat.
- Mix the yogurt with 1/4 cup water, add to the pan and simmer over medium-low heat until the meat is cooked through, 2 to 3 more minutes.
- Add the peas and cilantro and season with salt.
- Meanwhile, heat another skillet over high heat.
- Brush the pitas with oil, season with salt and toast in the skillet, about 1 minute per side. Divide the chicken mixture among the pitas. Top with more yogurt and cilantro.
- Garnish with cashews and/or hot sauce, if desired.
- Photograph by Antinos Achilleos

Nutrition Facts



Properties

Glycemic Index:62.58, Glycemic Load:30.17, Inflammation Score:-4, Nutrition Score:13.938260876614%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

Nutrients (% of daily need)

Calories: 430.54kcal (21.53%), Fat: 21.67g (33.34%), Saturated Fat: 4.31g (26.96%), Carbohydrates: 37.38g (12.46%), Net Carbohydrates: 34.91g (12.7%), Sugar: 2.82g (3.14%), Cholesterol: 74.06mg (24.69%), Sodium: 559.12mg (24.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.79g (43.59%), Vitamin B3: 6.24mg (31.21%), Vitamin K: 31.28µg (29.79%), Vitamin B6: 0.54mg (26.77%), Phosphorus: 252.41mg (25.24%), Manganese: 0.41mg (20.57%), Vitamin B1: 0.29mg (19.57%), Vitamin B2: 0.32mg (18.69%), Potassium: 639.88mg (18.28%), Selenium: 9.81µg (14.01%), Zinc: 2.08mg (13.87%), Vitamin B5: 1.3mg (13.03%), Iron: 2.12mg (11.75%), Magnesium: 44.81mg (11.2%), Calcium: 100.09mg (10.01%), Fiber: 2.47g (9.87%), Copper: 0.2mg (9.78%), Vitamin E: 1.41mg (9.42%), Vitamin B12: 0.56µg (9.37%), Vitamin C: 6.7mg (8.12%), Folate: 28µg (7%), Vitamin A: 151.65IU (3.03%)