Chicken Korma

Gluten Free

READY IN	SERVINGS	CALORIES
45 min.	8	322 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 2 cups baking potato cubed peeled ()
- [ ] 2 bay leaves
- [ ] 14.5 ounce canned tomatoes diced undrained canned
- [ ] 1 stick cinnamon (3-inch)
- [ ] 4 cups brown rice long-grain hot cooked
- [ ] 0.5 teaspoon pepper red crushed
- [ ] 2 teaspoons curry powder
- [ ] 0.5 cup yogurt plain fat-free

- [ ] 0.3 cup cilantro leaves fresh chopped
- [ ] 2 tablespoons ginger fresh minced peeled
- [ ] 4 garlic cloves minced
- [ ] 1 teaspoon ground coriander
- [ ] 0.5 teaspoon ground cumin
- [ ] 2 cups onion coarsely chopped (1 onion)
- [ ] 1 teaspoon salt
- [ ] 2 pounds chicken thighs boneless skinless cut into bite-sized pieces

Equipment

- [ ] frying pan
- [ ] slow cooker

Directions

- [ ] Heat a large nonstick skillet over medium-high heat.
- [ ] Add chicken; saut 8 minutes or until lightly browned.
- [ ] Remove chicken from pan; place in a 5-quart electric slow cooker.
- [ ] Add onion to pan; saut 3 minutes.
- [ ] Add ginger and next 5 ingredients (through garlic); saut 2 minutes.
- [ ] Pour mixture over chicken in slow cooker. Stir in potato and next 4 ingredients (through cinnamon stick).
- [ ] Cover and cook on LOW for 6 hours. Discard bay leaves and cinnamon stick. Turn slow cooker off; let stand 15 minutes. Stir in yogurt.
- [ ] Serve chicken mixture over rice.
- [ ] Sprinkle with cilantro.

Nutrition Facts

PROTEIN **34.25%** FAT **16.66%** CARBS **49.09%**

Properties

Glycemic Index:30.22, Glycemic Load:7.4, Inflammation Score:-6, Nutrition Score:21.050434796706%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg

Nutrients (% of daily need)

Calories: 321.91kcal (16.1%), Fat: 5.97g (9.18%), Saturated Fat: 1.43g (8.96%), Carbohydrates: 39.56g (13.19%), Net Carbohydrates: 35.02g (12.73%), Sugar: 5.79g (6.43%), Cholesterol: 108.03mg (36.01%), Sodium: 482.95mg (21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.61g (55.22%), Manganese: 1.25mg (62.44%), Selenium: 36.82µg (52.6%), Vitamin B6: 0.94mg (47.04%), Vitamin B3: 8.98mg (44.91%), Phosphorus: 372.89mg (37.29%), Magnesium: 98.11mg (24.53%), Potassium: 757.64mg (21.65%), Vitamin B5: 2.06mg (20.6%), Vitamin B1: 0.3mg (19.84%), Zinc: 2.88mg (19.21%), Vitamin B2: 0.32mg (18.7%), Fiber: 4.55g (18.18%), Copper: 0.33mg (16.59%), Iron: 2.79mg (15.52%), Vitamin B12: 0.82µg (13.65%), Vitamin C: 10.8mg (13.09%), Calcium: 95.81mg (9.58%), Vitamin K: 9.81µg (9.35%), Folate: 31.24µg (7.81%), Vitamin E: 1.08mg (7.18%), Vitamin A: 220.23IU (4.4%)