



food
network

Chicken Masala

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 4 chicken breast halves skinless
- ☐ 4 servings rice white cooked
- ☐ 0.5 cup cream of chicken soup
- ☐ 0.3 cup flour all-purpose for dredging
- ☐ 1 tablespoon garam masala seasoning
- ☐ 1 teaspoon garlic minced
- ☐ 1 cup coconut milk light

- ☐ 2 tablespoons canola oil1 onion chopped
- ☐ 1 cup peas frozen
- ☐ 4 servings salt and pepper

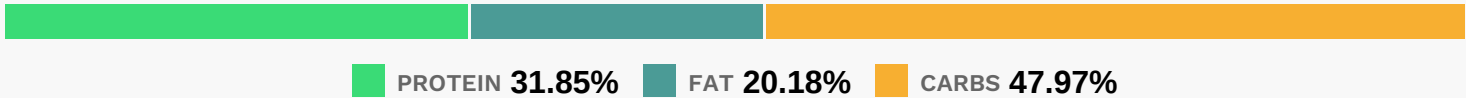
Equipment

- ☐ frying pan

Directions

- ☐ Place chicken breasts and flour in zip-top bag. Shake until chicken is coated with flour.
- ☐ Remove from bag, shaking off excess flour and set aside.
- ☐ Heat the oil in a frying pan over medium-high heat. When oil is hot, add the chicken breasts and fry until golden brown on both sides.
- ☐ Remove chicken to a plate and set aside.
- ☐ Add the onion and garlic to the pan and cook until soft.
- ☐ Add the garam masala, tomatoes, soup, coconut milk, and salt and pepper to taste and bring to a boil. Reduce the heat to a simmer and return the chicken breasts to the pan. Simmer for 15 minutes, then add the frozen peas. Return to a simmer and cook for an addition 10 minutes.
- ☐ Serve hot with white rice.
- ☐ Cook's Note: Garam masala is a traditional Indian blend of spices and is available in the spice section of the grocery store.

Nutrition Facts



Properties

Glycemic Index:91.58, Glycemic Load:34.31, Inflammation Score:-7, Nutrition Score:24.134782314301%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 409.62kcal (20.48%), Fat: 8.99g (13.83%), Saturated Fat: 4.65g (29.07%), Carbohydrates: 48.08g (16.03%), Net Carbohydrates: 43.13g (15.69%), Sugar: 7.03g (7.82%), Cholesterol: 74.84mg (24.95%), Sodium: 727.28mg (31.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.92g (63.84%), Vitamin B3: 14.86mg (74.32%), Selenium: 47.62µg (68.02%), Vitamin B6: 1.16mg (57.76%), Manganese: 0.84mg (41.92%), Phosphorus: 366.92mg (36.69%), Vitamin C: 25.95mg (31.45%), Potassium: 872.24mg (24.92%), Vitamin B5: 2.36mg (23.58%), Vitamin B1: 0.35mg (23.42%), Copper: 0.4mg (19.83%), Fiber: 4.94g (19.77%), Magnesium: 75.62mg (18.91%), Iron: 3.29mg (18.26%), Vitamin B2: 0.29mg (17.22%), Folate: 64.48µg (16.12%), Vitamin K: 16.02µg (15.26%), Zinc: 1.95mg (13.01%), Vitamin A: 589.66IU (11.79%), Vitamin E: 1.76mg (11.71%), Calcium: 66.15mg (6.62%), Vitamin B12: 0.23µg (3.77%)