



Chicken Navratan Curry (Indian)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots chopped
- ☐ 1 teaspoon chili powder
- ☐ 1 cup full fat coconut cream
- ☐ 2 teaspoons cumin seeds
- ☐ 1 cup green beans fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 0.5 teaspoon ground turmeric
- ☐ 1 cup onion chopped

- ☐ 1 cup potatoes chopped
- ☐ 4 servings salt to taste
- ☐ 1 pound chicken breast halves boneless skinless cut into bite-sized pieces
- ☐ 2 tablespoons tomato purée
- ☐ 3 tablespoons vegetable oil
- ☐ 1 cup water

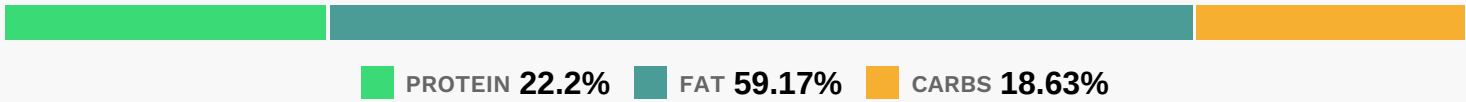
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat vegetable oil in a large skillet over medium heat; add cumin seeds. Cook until seeds begin to pop and crackle, 1 to 2 minutes. Cook and stir onion and garlic into cumin seeds until onions are slightly softened, about 5 minutes.
- ☐ Add turmeric and chili powder; stir to coat. Stir in tomato puree until fully incorporated, 1 to 2 minutes.
- ☐ Cook and stir chicken, carrots, potatoes, and green beans into onion mixture. Season with salt. Cover the skillet with a lid and lower heat to medium-low. Simmer, stirring occasionally, until vegetables are about half cooked, about 10 minutes.
- ☐ Whisk water and coconut cream together in a bowl; pour into chicken and vegetable mixture. Cover skillet and simmer until chicken is fully cooked and no longer pink in the center and vegetables are tender, 5 to 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:60.9, Glycemic Load:9.4, Inflammation Score:-10, Nutrition Score:28.520435001539%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 9.69mg, Quercetin: 9.69mg, Quercetin: 9.69mg, Quercetin: 9.69mg

Nutrients (% of daily need)

Calories: 509.07kcal (25.45%), Fat: 34.52g (53.11%), Saturated Fat: 20.75g (129.66%), Carbohydrates: 24.44g (8.15%), Net Carbohydrates: 19.1g (6.95%), Sugar: 5g (5.56%), Cholesterol: 72.57mg (24.19%), Sodium: 371.89mg (16.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.14g (58.28%), Vitamin A: 5773.56IU (115.47%), Vitamin B3: 13.73mg (68.66%), Vitamin B6: 1.23mg (61.5%), Manganese: 1.16mg (58.1%), Selenium: 37.49µg (53.56%), Phosphorus: 389.46mg (38.95%), Vitamin K: 37.13µg (35.36%), Potassium: 1135.56mg (32.44%), Vitamin C: 23.52mg (28.5%), Vitamin B5: 2.18mg (21.84%), Fiber: 5.34g (21.36%), Copper: 0.42mg (20.99%), Iron: 3.71mg (20.62%), Magnesium: 81.15mg (20.29%), Vitamin B1: 0.21mg (14.04%), Folate: 50.8µg (12.7%), Vitamin B2: 0.21mg (12.14%), Vitamin E: 1.78mg (11.86%), Zinc: 1.75mg (11.65%), Calcium: 68.69mg (6.87%), Vitamin B12: 0.23µg (3.78%)