



Chicken Saagwala

 Gluten Free

READY IN



50 min.

SERVINGS



2

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 1 stick piece cinnamon (2 inch)
- 1 inch ginger root fresh minced peeled
- 0.3 teaspoon garam masala
- 1 clove garlic minced
- 0.3 teaspoon ground pepper
- 1 teaspoon ground coriander
- 0.3 teaspoon ground turmeric

- 1 onion chopped
- 2 teaspoons yogurt plain
- 0.5 cup skim milk
- 0.5 pound chicken breast halves boneless skinless cut into 1-inch pieces
- 1 cup pkt spinach fresh finely chopped
- 1 teaspoon tomato paste
- 2 teaspoons vegetable oil

Equipment

- frying pan

Directions

- Heat vegetable oil in a large skillet over medium heat; cook and stir the onion in the hot oil until lightly browned, 5 to 8 minutes. Stir the chicken breast chunks, tomato paste, cinnamon stick, ginger, garlic, coriander, turmeric, garam masala, cayenne pepper, and bay leaf in with the chicken; cook and stir until the chicken is opaque and the spices are fragrant, about 10 minutes.
- Stir in the spinach; cook and stir until wilted, about 5 minutes.
- Mix in the yogurt into the mixture until integrated; stir in the skim milk until thoroughly mixed. Cover the skillet, bring to a simmer, and reduce heat to low; allow to simmer until the chicken is no longer pink inside and the sauce has begun to thicken slightly, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:121.63, Glycemic Load:2.75, Inflammation Score:-10, Nutrition Score:23.0578261873%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin:

0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 11.79mg, Quercetin: 11.79mg, Quercetin: 11.79mg, Quercetin: 11.79mg

Nutrients (% of daily need)

Calories: 237.84kcal (11.89%), Fat: 8.21g (12.63%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 13.15g (4.38%), Net Carbohydrates: 10.13g (3.68%), Sugar: 6.37g (7.08%), Cholesterol: 75.45mg (25.15%), Sodium: 199.67mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.07g (56.14%), Vitamin K: 82.34µg (78.42%), Vitamin B3: 12.29mg (61.44%), Selenium: 38.86µg (55.52%), Vitamin B6: 1.03mg (51.38%), Phosphorus: 347.22mg (34.72%), Vitamin A: 1732.7IU (34.65%), Manganese: 0.62mg (31.01%), Potassium: 781.04mg (22.32%), Vitamin B5: 1.97mg (19.7%), Magnesium: 63.56mg (15.89%), Vitamin B2: 0.26mg (15.43%), Calcium: 153.92mg (15.39%), Vitamin C: 11.54mg (13.99%), Fiber: 3.02g (12.07%), Folate: 47.22µg (11.8%), Vitamin B1: 0.16mg (10.39%), Vitamin B12: 0.61µg (10.19%), Zinc: 1.3mg (8.66%), Iron: 1.54mg (8.53%), Vitamin E: 1.17mg (7.77%), Copper: 0.12mg (5.76%), Vitamin D: 0.8µg (5.3%)