



Chicken Stew For The Soul

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 cardamom pods
- 1 kg chicken
- 1 cinnamon sticks
- 1 cup coconut milk
- 1 sprig curry leaves
- 6 servings cilantro leaves fresh
- 0.5 teaspoon garam masala
- 3 teaspoons ginger garlic paste

- 1 teaspoon ginger garlic paste
- 2 to 2 chillies slit green
- 1 teaspoon to 5 chillies red
- 1 teaspoon ground coriander
- 1 teaspoon turmeric
- 1 juice of lemon
- 1 large onion
- 2 potatoes
- 6 servings salt to taste

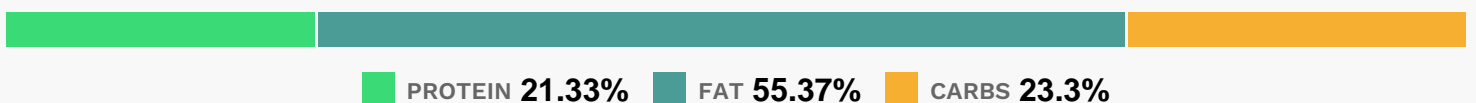
Equipment

- frying pan
- pressure cooker

Directions

- Slice the onions, slit the chillies, cube the potatoes and keep aside.
- Heat oil in a heavy bottomed pan or pressure cooker, splutter mustard seeds.
- Add the whole spices and stir till you begin to get the aroma of the spices.
- Add sliced onions,curry leaves and green chillies and saute.Stir in the ground coriander and add the marinated chicken. Stir so that the chicken is covered well in the sauteed mixture.Cover and let it cook. When it is half done add the cubed potatoes.When the chicken is almost done add the garam masala,salt and coconut milk and stir.When done put off the heat and garnish with chopped fresh coriander.Have I forgotten the most important ingredient? Stir it with lots of love for the family and friends who will partake of the meal.
- Serve hot chicken stew with freshly made appams.

Nutrition Facts



Properties

Glycemic Index:49.96, Glycemic Load:10.7, Inflammation Score:-10, Nutrition Score:15.334782608696%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Taste

Sweetness: 15.68%, Saltiness: 100%, Sourness: 17.25%, Bitterness: 17.81%, Savoriness: 48.96%, Fattiness: 70.44%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 328.25kcal (16.41%), Fat: 20.42g (31.42%), Saturated Fat: 10.63g (66.44%), Carbohydrates: 19.33g (6.44%), Net Carbohydrates: 15.79g (5.74%), Sugar: 2.31g (2.56%), Cholesterol: 60mg (20%), Sodium: 311.89mg (13.56%), Protein: 17.7g (35.39%), Manganese: 1.05mg (52.48%), Vitamin B3: 10.36mg (51.79%), Vitamin C: 29.65mg (35.94%), Vitamin B6: 0.55mg (27.37%), Phosphorus: 207.98mg (20.8%), Potassium: 611.68mg (17.48%), Selenium: 11.99µg (17.13%), Iron: 3.06mg (17%), Folate: 66.77µg (16.69%), Magnesium: 58.66mg (14.67%), Fiber: 3.54g (14.16%), Copper: 0.22mg (11.24%), Zinc: 1.68mg (11.19%), Vitamin B5: 1.04mg (10.37%), Vitamin B1: 0.13mg (8.75%), Vitamin B2: 0.13mg (7.79%), Calcium: 47.04mg (4.7%), Vitamin B12: 0.25µg (4.13%), Vitamin K: 3.3µg (3.15%), Vitamin A: 143.22IU (2.86%), Vitamin E: 0.29mg (1.94%), Vitamin D: 0.16µg (1.07%)