

Chicken Vindaloo



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 29 ounce tomatoes diced drained canned
- ☐ 0.3 teaspoon cayenne pepper to taste
- ☐ 1.5 cups chicken broth
- ☐ 1 tablespoon ginger root fresh grated
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.5 tablespoon ground cinnamon

- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon ground turmeric
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion chopped
- ☐ 0.5 teaspoon paprika
- ☐ 2 large potatoes cut into 1/2-inch cubes
- ☐ 4 servings salt and pepper black to taste
- ☐ 1 pound chicken thighs boneless skinless cut into 1 1/2-inch pieces
- ☐ 1 tablespoon tomato paste
- ☐ 2 tablespoons red-wine vinegar

Equipment

- ☐ dutch oven

Directions

- ☐ Toast the turmeric, cardamom, cinnamon, coriander, cloves, cumin, paprika, and cayenne pepper in a Dutch oven or large pot over medium-low heat until the spices are fragrant, about 2 minutes. Stir the spices constantly as they toast, taking care that they do not burn. Stir in the olive oil, onion, garlic, and ginger. Increase heat to medium, and cook until softened, about 5 minutes.
- ☐ Stir in the tomato paste until no lumps of paste remain.
- ☐ Add the chicken, potatoes, tomatoes, chicken broth, wine vinegar, and bay leaf. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the potatoes are tender, and the chicken is no longer pink in the center, about 15 minutes.
- ☐ Remove the cover, and cook 5 minutes more to thicken slightly. Season to taste with salt, black pepper, and cayenne pepper to serve.

Nutrition Facts



 **PROTEIN 28.66%**  **FAT 20.24%**  **CARBS 51.1%**

Properties

Glycemic Index:66.94, Glycemic Load:25.82, Inflammation Score:-10, Nutrition Score:29.719999852388%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 18.6mg, Quercetin: 18.6mg, Quercetin: 18.6mg, Quercetin: 18.6mg

Nutrients (% of daily need)

Calories: 398.2kcal (19.91%), Fat: 9.17g (14.11%), Saturated Fat: 1.84g (11.48%), Carbohydrates: 52.08g (17.36%), Net Carbohydrates: 43.31g (15.75%), Sugar: 10.73g (11.92%), Cholesterol: 109.49mg (36.5%), Sodium: 964.47mg (41.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.21g (58.43%), Vitamin C: 63.49mg (76.95%), Vitamin B6: 1.43mg (71.72%), Manganese: 1.12mg (55.79%), Vitamin B3: 10.28mg (51.39%), Potassium: 1671.75mg (47.76%), Selenium: 27.86µg (39.8%), Phosphorus: 397.09mg (39.71%), Fiber: 8.77g (35.08%), Iron: 5.43mg (30.15%), Vitamin B1: 0.41mg (27.34%), Vitamin B2: 0.46mg (27.3%), Magnesium: 108.5mg (27.12%), Copper: 0.49mg (24.52%), Vitamin B5: 2.29mg (22.9%), Zinc: 2.91mg (19.38%), Vitamin E: 2.53mg (16.89%), Folate: 67.08µg (16.77%), Vitamin K: 16.73µg (15.93%), Calcium: 142.92mg (14.29%), Vitamin B12: 0.74µg (12.39%), Vitamin A: 519.16IU (10.38%)