






 **8%**
HEALTH SCORE

Chicken Vindaloo

 **Gluten Free**

READY IN

70 min.

SERVINGS

4

CALORIES

309 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- 1 teaspoon brown sugar
- 1 teaspoon brown sugar
- 1.5 teaspoons ground pepper
- 1.5 lb chicken quartered
- 2 teaspoons ground cumin
- 3 garlic clove minced peeled
- 4 servings butter
- 2 tablespoons ground ginger

- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 2 teaspoons juice of lemon
- 1 tablespoon paprika
- 2 teaspoons salt
- 4 servings pepper black freshly ground
- 2 tablespoons tamarind mixed dried
- 1 tablespoon turmeric
- 2 cups water
- 2 tablespoons water hot
- 2 tablespoons vinegar white
- 2 teaspoons mustard seeds yellow
- 2 cups onion yellow finely chopped

Equipment

- frying pan
- stove

Directions

- Salt and pepper the chicken quarters.
- Heat a large frying pan and brown the chicken in the Ghee. You will have to do this in two batches.
- Remove the chicken to a 6-quart stove-top covered casserole, leaving the fat in the pan.
- Add the garlic and onion to the pan and saut until golden brown.
- Add to the casserole along with the ginger, cumin, mustard seed, cinnamon, cloves, turmeric, cayenne, and paprika.Saut all for a few minutes and add all the remaining ingredients except for the garnishes.Cover and simmer until the chicken is tender. about 45 minutes. Stir a few times during cooking; partially remove the lid during the last 10 minutes or so to thicken the sauce. Top with garnishes.Ghee: Butter that is cooked to separate the clear butter fat from the milk solids and moisture, an ingenious method that allows butter to keep for long periods

of time. Tamarind: Tamarind paste and concentrate, fresh products, are available in the produce section of many ethnic markets. Both products, made from the tamarind pod, need to be reconstituted.

Nutrition Facts

PROTEIN 22.54% **FAT 51.14%** **CARBS 26.32%**

Properties

Glycemic Index:79, Glycemic Load:4.82, Inflammation Score:-10, Nutrition Score:16.007826086957%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 16.29mg, Quercetin: 16.29mg, Quercetin: 16.29mg, Quercetin: 16.29mg

Nutrients (% of daily need)

Calories: 309.43kcal (15.47%), Fat: 17.93g (27.59%), Saturated Fat: 6.39g (39.91%), Carbohydrates: 20.77g (6.92%), Net Carbohydrates: 16.78g (6.1%), Sugar: 8.83g (9.82%), Cholesterol: 71.99mg (23.99%), Sodium: 1270.12mg (55.22%), Protein: 17.78g (35.57%), Manganese: 1.5mg (74.91%), Vitamin B3: 6.51mg (32.56%), Vitamin A: 1433.78IU (28.68%), Vitamin B6: 0.53mg (26.6%), Selenium: 17.55µg (25.08%), Iron: 3.71mg (20.6%), Phosphorus: 191.55mg (19.15%), Fiber: 3.99g (15.97%), Potassium: 500.58mg (14.3%), Magnesium: 56.8mg (14.2%), Vitamin C: 10.42mg (12.63%), Zinc: 1.68mg (11.19%), Vitamin B2: 0.18mg (10.6%), Vitamin B1: 0.15mg (10.25%), Vitamin B5: 0.95mg (9.49%), Vitamin E: 1.32mg (8.81%), Copper: 0.17mg (8.32%), Calcium: 76.41mg (7.64%), Folate: 27.17µg (6.79%), Vitamin K: 5.21µg (4.96%), Vitamin B12: 0.26µg (4.36%), Vitamin D: 0.16µg (1.09%)