



Chicken Vindaloo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 2 teaspoons chili paste depending on your taste pref with garlic
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 4 cups brown rice cooked
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons ginger fresh minced
- ☐ 6 garlic cloves minced

- ☐ 1 teaspoon ground cardamom
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 2 teaspoons ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 1 cup onion diced
- ☐ 1 bell pepper diced red
- ☐ 0.3 cup rice vinegar
- ☐ 0.8 teaspoon salt
- ☐ 1 pound chicken thighs boneless skinless cut into 1-inch cubes
- ☐ 2 tablespoons water
- ☐ 1 bell pepper diced yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags

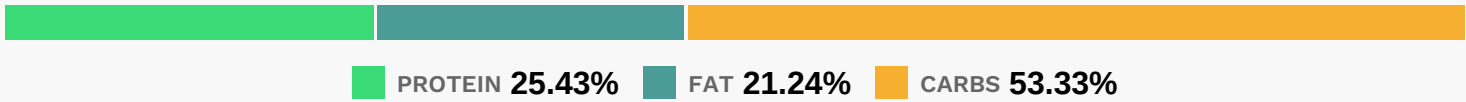
Directions

- ☐ Combine first 10 ingredients (through garlic) in a zip-top plastic bag. Marinate in refrigerator at least 4 hours, turning occasionally.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add onion; saut 4 minutes.
- ☐ Add chicken mixture and bell peppers; saut 5 minutes or until chicken is thoroughly browned on all sides.
- ☐ Add broth and salt; simmer, uncovered, 15 minutes or until chicken is done.
- ☐ Combine cornstarch and water in a small bowl; stir well.
- ☐ Add cornstarch mixture to chicken mixture; simmer 2 minutes or until sauce thickens. Stir in cilantro.

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Serve over rice.

Nutrition Facts



Properties

Glycemic Index:63.3, Glycemic Load:23.83, Inflammation Score:-9, Nutrition Score:28.595652372941%

Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 9.11mg, Quercetin: 9.11mg, Quercetin: 9.11mg, Quercetin: 9.11mg

Nutrients (% of daily need)

Calories: 448.77kcal (22.44%), Fat: 10.53g (16.19%), Saturated Fat: 1.84g (11.47%), Carbohydrates: 59.47g (19.82%), Net Carbohydrates: 53.41g (19.42%), Sugar: 3.36g (3.73%), Cholesterol: 107.73mg (35.91%), Sodium: 663.7mg (28.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.35g (56.71%), Manganese: 2.63mg (131.52%), Vitamin C: 98.28mg (119.12%), Vitamin B6: 1.06mg (52.83%), Vitamin B3: 9.87mg (49.36%), Phosphorus: 412.67mg (41.27%), Selenium: 27.73µg (39.61%), Magnesium: 135.14mg (33.79%), Vitamin B1: 0.37mg (24.55%), Fiber: 6.06g (24.23%), Vitamin B5: 2.39mg (23.93%), Zinc: 3.35mg (22.3%), Vitamin A: 1105.02IU (22.1%), Potassium: 709.45mg (20.27%), Iron: 3.4mg (18.87%), Vitamin B2: 0.29mg (17.08%), Copper: 0.33mg (16.53%), Vitamin B12: 0.78µg (13.04%), Folate: 43.15µg (10.79%), Vitamin K: 10.79µg (10.28%), Vitamin E: 1.38mg (9.2%), Calcium: 76.72mg (7.67%)