



Chicken Vindaloo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cayenne pepper ()
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 1 teaspoon garam masala
- ☐ 1 large garlic clove chopped
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon ground turmeric
- ☐ 1.5 cups low-salt chicken broth

- ☐ 3 cups onions chopped
- ☐ 0.5 teaspoon paprika
- ☐ 1.5 pounds russet potatoes peeled cut into 1-inch pieces
- ☐ 6 chicken thighs boneless skinless cut into 1- to 1 1/2-inch pieces
- ☐ 1 teaspoon tomato paste
- ☐ 1.5 cups tomatoes seeded chopped (4 medium)
- ☐ 2 tablespoons vegetable oil
- ☐ 2.5 tablespoons distilled vinegar white

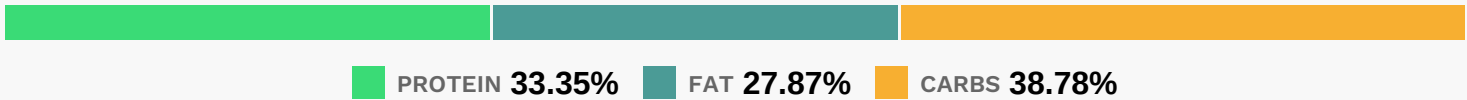
Equipment

- ☐ pot

Directions

- ☐ Blend first 11 ingredients and 1/4 teaspoon cayenne pepper in processor until paste forms.
- ☐ Heat oil in heavy large pot over medium-high heat.
- ☐ Add paste from processor and cook until golden, stirring occasionally, about 3 minutes.
- ☐ Add chicken and potatoes; sauté 5 minutes.
- ☐ Add broth; bring to boil. Reduce heat to medium-low; cover and simmer until potatoes are tender, stirring occasionally, about 15 minutes. Uncover and simmer until chicken is cooked through, about 5 minutes longer. Season with more cayenne, if desired, and salt and pepper.
- ☐ *A spice mixture available at Indian markets, some specialty foods stores, and many supermarkets. To substitute, mix 3/4 teaspoon ground cumin, 3/4 teaspoon ground coriander, 1/2 teaspoon ground pepper, 1/2 teaspoon ground cardamom, 1/4 teaspoon ground cloves, and 1/4 teaspoon ground cinnamon; use 1 teaspoon of mixture.

Nutrition Facts



Properties

Glycemic Index:86.69, Glycemic Load:27.44, Inflammation Score:-10, Nutrition Score:27.853912934013%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg 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: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 24.7mg, Quercetin: 24.7mg, Quercetin: 24.7mg, Quercetin: 24.7mg

Nutrients (% of daily need)

Calories: 479.51kcal (23.98%), Fat: 14.95g (22.99%), Saturated Fat: 3.09g (19.29%), Carbohydrates: 46.8g (15.6%), Net Carbohydrates: 41.34g (15.03%), Sugar: 7.99g (8.88%), Cholesterol: 161.02mg (53.67%), Sodium: 206.99mg (9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.25g (80.5%), Vitamin B6: 1.57mg (78.53%), Vitamin B3: 13.04mg (65.22%), Selenium: 39.95µg (57.08%), Phosphorus: 493mg (49.3%), Potassium: 1557.29mg (44.49%), Vitamin C: 27.12mg (32.87%), Manganese: 0.6mg (29.76%), Vitamin B5: 2.76mg (27.57%), Vitamin B2: 0.44mg (25.64%), Magnesium: 101.61mg (25.4%), Vitamin B1: 0.37mg (24.97%), Vitamin K: 25.94µg (24.71%), Zinc: 3.54mg (23.58%), Iron: 3.95mg (21.94%), Fiber: 5.46g (21.84%), Copper: 0.41mg (20.72%), Vitamin B12: 1.17µg (19.56%), Folate: 62.51µg (15.63%), Vitamin A: 711.48IU (14.23%), Vitamin E: 1.4mg (9.36%), Calcium: 82.45mg (8.24%)