



 **16%**
HEALTH SCORE

chilli chicken

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

READY IN



160 min.

SERVINGS



2

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup bell pepper cubed
- 0.3 cup bell pepper cubed
- 250 grams chicken breast boneless
- 1 to 2 chilies slit green deseeded
- 0.5 tsp chili powder red
- 2 tbsps masa
- 0.8 tbsp garlic
- 2 servings cooking oil for deep frying

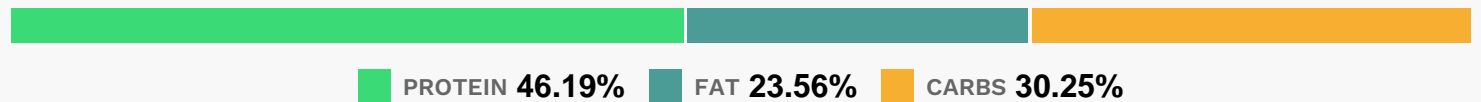
- 1 small onion thinly sliced
- 0.3 tsp chili powder red
- 0.3 tsp ground pepper
- 0.5 tbsp soya sauce
- 0.8 tbsp soya sauce
- 2 servings spring onion for garnish
- 0.5 tsp sugar
- 0.5 tbsp chilli sauce
- 1 tsp chilli sauce
- 0.8 tsp vinegar

Equipment

Directions

- Find Complete instructions on swasthi's recipes

Nutrition Facts



Properties

Glycemic Index:167.55, Glycemic Load:2.4, Inflammation Score:-8, Nutrition Score:21.629130434783%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg

Taste

Sweetness: 21.51%, Saltiness: 100%, Sourness: 13.28%, Bitterness: 16.43%, Savoriness: 69.56%, Fattiness: 75.48%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 257.48kcal (12.87%), Fat: 6.72g (10.34%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 19.41g (6.47%), Net Carbohydrates: 16.08g (5.85%), Sugar: 8.63g (9.58%), Cholesterol: 80mg (26.67%), Sodium: 936.93mg (40.74%), Protein: 29.64g (59.28%), Vitamin B3: 14.19mg (70.96%), Vitamin C: 56.71mg (68.74%), Vitamin B6: 1.21mg (60.5%), Selenium: 41.99µg (59.98%), Vitamin A: 1658.77IU (33.18%), Phosphorus: 322.52mg (32.25%), Vitamin B5: 2.03mg (20.29%), Potassium: 687.38mg (19.64%), Vitamin K: 17.93µg (17.08%), Magnesium: 55.3mg (13.82%), Manganese: 0.28mg (13.78%), Fiber: 3.33g (13.32%), Vitamin B2: 0.21mg (12.35%), Vitamin E: 1.82mg (12.13%), Vitamin B1: 0.15mg (10.07%), Folate: 37.29µg (9.32%), Iron: 1.4mg (7.78%), Zinc: 1.16mg (7.73%), Copper: 0.11mg (5.33%), Calcium: 42.22mg (4.22%), Vitamin B12: 0.25µg (4.17%)