




 6%
HEALTH SCORE

Creamy Curry Chicken With Yellow Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN

45 min.

SERVINGS

3

CALORIES

351 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- 2 tablespoons olive oil extra virgin extra-virgin
- 1 large onion cut into pieces
- 2 garlic clove minced
- 1.5 teaspoons ground cumin
- 1 teaspoon turmeric
- 1 teaspoon ground coriander
- 1 teaspoon garam masala
- 1 pinch ground ginger

- 1.3 cups coconut milk
- 1 cup tomatoes canned chopped
- 2 teaspoons juice of lemon
- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 1.5 teaspoons cornstarch
- 3 servings salt
- 2 tablespoons cilantro leaves fresh chopped
- 2 frangelico split boneless skinless cut into 1-inch/2.5cm pieces
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Equipment

- frying pan

Directions

- Heat the olive oil in a large, heavy-bottom pan over medium heat.
- Add the chicken and cook for 6 to 8 minutes, turning frequently, until lightly browned and cooked through.
- Remove from the pan and set aside.
- Add the onion and saut for a few minutes.
- Add the garlic, cumin, turmeric, ground coriander, garam masala, ginger and cook for one minute.
- Mix the corn starch with the coconut milk until smooth. Return the chicken to the pan and stir in the coconut milk, brown sugar and tomatoes. Cook over medium heat and stir for 1 to 2 minutes. Partially cover and cook for 15 more minutes until the sauce has reduced and thickened. Stir in the lemon juice and season with salt.
- Serve the creamy chicken curry on a bed of yellow rice (I use brown rice cooked in water with salt and 1 teaspoon of turmeric) sprinkled with fresh cilantro.

Nutrition Facts



■ PROTEIN 3.95% ■ FAT 72.69% ■ CARBS 23.36%

Properties

Glycemic Index:65.33, Glycemic Load:3.82, Inflammation Score:-10, Nutrition Score:10.646956521739%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.74mg, Quercetin: 10.74mg, Quercetin: 10.74mg, Quercetin: 10.74mg

Taste

Sweetness: 64.73%, Saltiness: 18.36%, Sourness: 60.83%, Bitterness: 19.91%, Savoriness: 12.58%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 350.59kcal (17.53%), Fat: 30.09g (46.29%), Saturated Fat: 19.18g (119.89%), Carbohydrates: 21.76g (7.25%), Net Carbohydrates: 19.38g (7.05%), Sugar: 11.94g (13.26%), Cholesterol: 0mg (0%), Sodium: 328.09mg (14.26%), Protein: 3.68g (7.35%), Manganese: 1.01mg (50.54%), Iron: 5.21mg (28.93%), Vitamin C: 14.46mg (17.52%), Magnesium: 65.93mg (16.48%), Copper: 0.32mg (15.79%), Potassium: 498.25mg (14.24%), Phosphorus: 133.62mg (13.36%), Vitamin E: 1.97mg (13.1%), Vitamin B6: 0.22mg (11.1%), Fiber: 2.38g (9.51%), Vitamin K: 9.14µg (8.71%), Calcium: 79.45mg (7.95%), Folate: 30.42µg (7.61%), Vitamin B3: 1.36mg (6.78%), Vitamin B1: 0.09mg (6.24%), Zinc: 0.86mg (5.77%), Vitamin B2: 0.07mg (3.97%), Vitamin B5: 0.33mg (3.29%), Vitamin A: 125.69IU (2.51%), Selenium: 1.04µg (1.48%)