



Creamy masala chicken

 Popular

READY IN



40 min.

SERVINGS



4

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast boneless skinless cubed
- ☐ 1 piece ginger fresh peeled chopped
- ☐ 2 garlic clove chopped
- ☐ 1 tsp chili powder
- ☐ 2 tbsp cilantro leaves fresh chopped
- ☐ 1 juice of lime
- ☐ 2 tbsp vegetable oil
- ☐ 1 onion

- ☐ 1 to 5 chillies red
- ☐ 1 tsp turmeric
- ☐ 284 ml double cream
- ☐ 0.5 juice of lemon
- ☐ 4 servings naan breads

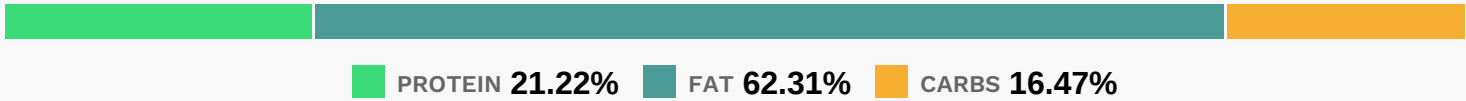
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Put the chicken, ginger, garlic, chilli powder, coriander, lime juice and 1 tbsp of oil in a bowl. Stir, and set aside. Chop the onion, and seed and chop the chilli.
- ☐ Heat a large shallow pan. Tip in the chicken and marinade and fry for about 6–8 minutes, stirring occasionally.
- ☐ Meanwhile, heat the remaining oil in a pan and fry the onion and chilli for 3–4 minutes until just soft.
- ☐ Add the turmeric and stir fry for 1 minute. Lower the heat, pour in the cream and simmer for 2–3 minutes.
- ☐ Add the chicken and simmer for 5 minutes, or until cooked. Season and stir in the lemon juice.
- ☐ Serve with rice and naan bread.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:1.13, Inflammation Score:-10, Nutrition Score:17.992174024167%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg,

Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 551.12kcal (27.56%), Fat: 38.22g (58.81%), Saturated Fat: 18.66g (116.61%), Carbohydrates: 22.74g (7.58%), Net Carbohydrates: 21.15g (7.69%), Sugar: 5.17g (5.75%), Cholesterol: 155.51mg (51.84%), Sodium: 376.25mg (16.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.29g (58.58%), Vitamin B3: 12.15mg (60.75%), Selenium: 38.9µg (55.57%), Vitamin B6: 1.01mg (50.58%), Phosphorus: 299.37mg (29.94%), Vitamin C: 24.44mg (29.63%), Vitamin A: 1409.22IU (28.18%), Vitamin B5: 1.88mg (18.83%), Potassium: 616.33mg (17.61%), Vitamin K: 18.18µg (17.32%), Vitamin B2: 0.28mg (16.25%), Vitamin E: 1.82mg (12.12%), Magnesium: 43.79mg (10.95%), Calcium: 88.01mg (8.8%), Vitamin D: 1.26µg (8.37%), Manganese: 0.16mg (8.02%), Vitamin B1: 0.12mg (7.75%), Zinc: 0.99mg (6.59%), Fiber: 1.6g (6.39%), Iron: 1.06mg (5.88%), Vitamin B12: 0.34µg (5.67%), Folate: 17.45µg (4.36%), Copper: 0.09mg (4.26%)