



East Indian Chicken with Tomato, Peas, and Cilantro



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 teaspoon curry powder
- ☐ 1 teaspoon mustard dry
- ☐ 2 teaspoons garam masala
- ☐ 4 cloves garlic crushed
- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons olive oil

- ☐ 1 onion minced
- ☐ 1 cup peas frozen
- ☐ 1 teaspoon salt
- ☐ 4 chicken breasts boneless skinless cut into 1-inch pieces
- ☐ 8 tomatoes diced

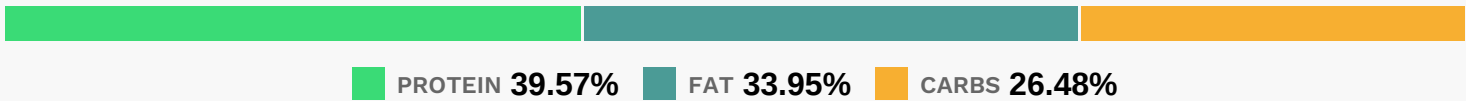
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large pan over medium heat. Cook and stir onion, curry powder, and dry mustard in the hot oil until onion is softened, about 5 minutes.
- ☐ Add tomatoes, garlic, garam masala, cumin, and salt; simmer over medium-low heat until tomatoes have broken down and ingredients have blended, about 40 minutes.
- ☐ Cook and stir chicken into tomato mixture until chicken is cooked and no longer pink in the center, 15 to 20 minutes.
- ☐ Add peas and cook for 1 more minute.
- ☐ Remove from heat.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:45.33, Glycemic Load:4.78, Inflammation Score:-9, Nutrition Score:26.584347994431%

Flavonoids

Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg

Nutrients (% of daily need)

Calories: 290.08kcal (14.5%), Fat: 11.1g (17.07%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 19.48g (6.49%), Net Carbohydrates: 13.43g (4.89%), Sugar: 9.79g (10.88%), Cholesterol: 72.32mg (24.11%), Sodium: 730.63mg (31.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.1g (58.21%), Vitamin B3: 14.13mg (70.66%), Vitamin C: 52.93mg (64.16%), Vitamin B6: 1.19mg (59.3%), Selenium: 38.54µg (55.05%), Vitamin A: 2440.13IU (48.8%), Phosphorus: 356.92mg (35.69%), Vitamin K: 36.68µg (34.93%), Potassium: 1167.49mg (33.36%), Manganese: 0.59mg (29.39%), Fiber: 6.04g (24.17%), Vitamin B5: 1.93mg (19.28%), Magnesium: 77.13mg (19.28%), Vitamin B1: 0.29mg (19.17%), Vitamin E: 2.78mg (18.55%), Folate: 72.55µg (18.14%), Copper: 0.27mg (13.67%), Vitamin B2: 0.22mg (13.19%), Iron: 2.31mg (12.84%), Zinc: 1.69mg (11.24%), Calcium: 60.54mg (6.05%), Vitamin B12: 0.23µg (3.77%)