



Easy Chicken Korma

 Gluten Free  Popular

READY IN



50 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup almonds sliced
- 3 tablespoons butter
- 1 teaspoon chili powder
- 2 teaspoons garam masala
- 4 cloves garlic minced
- 2 tablespoons mango chutney
- 3 tablespoons olive oil
- 2 large onions chopped

- 6 tablespoons yogurt plain
- 2 teaspoons salt
- 4 chicken breast halves boneless skinless chopped
- 2 teaspoons turmeric powder

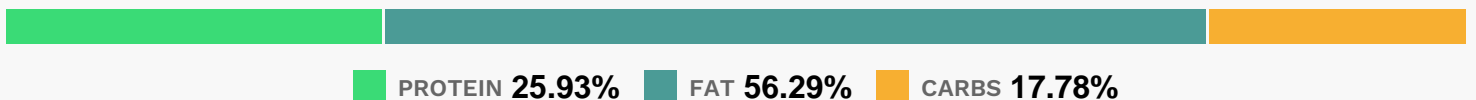
Equipment

- food processor
- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 2 quart baking dish.
- Heat oil and butter in a skillet over medium heat. Cook onions in oil until soft.
- Place onion, yogurt, mango chutney, garlic, turmeric, chili powder, garam masala, and into the bowl of a food processor. Process into a smooth sauce; it should be about the consistency of thick cream.
- Add a bit of water or yogurt to thin it if needed.
- Spread chicken into prepared baking dish, and pour the onion sauce over the chicken.
- Bake in preheated oven for 30 minutes, or until the chicken is cooked through.
- Sprinkle sliced almonds over the top, and serve.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:5.92, Inflammation Score:-10, Nutrition Score:18.325652192468%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.96mg, Isorhamnetin: 3.96mg, Isorhamnetin: 3.96mg, Isorhamnetin: 3.96mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 15.3mg, Quercetin: 15.3mg, Quercetin: 15.3mg, Quercetin: 15.3mg

Nutrients (% of daily need)

Calories: 430.83kcal (21.54%), Fat: 27.14g (41.75%), Saturated Fat: 8.49g (53.03%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 16.3g (5.93%), Sugar: 9.87g (10.96%), Cholesterol: 98.79mg (32.93%), Sodium: 1391.4mg (60.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.13g (56.26%), Vitamin B3: 12.31mg (61.56%), Selenium: 38.39µg (54.84%), Vitamin B6: 1.02mg (51.22%), Phosphorus: 337.62mg (33.76%), Vitamin E: 4.2mg (28.01%), Manganese: 0.43mg (21.7%), Potassium: 687.89mg (19.65%), Vitamin B5: 1.89mg (18.91%), Vitamin B2: 0.28mg (16.75%), Magnesium: 65.25mg (16.31%), Fiber: 2.98g (11.92%), Vitamin C: 9.13mg (11.07%), Vitamin A: 476.09IU (9.52%), Vitamin B1: 0.14mg (9.48%), Calcium: 94.08mg (9.41%), Zinc: 1.32mg (8.78%), Copper: 0.17mg (8.62%), Iron: 1.55mg (8.59%), Vitamin K: 8.36µg (7.96%), Folate: 26.28µg (6.57%), Vitamin B12: 0.35µg (5.91%)