



Fettuccine Bombay

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



662 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14 ounce canned tomatoes diced canned
- 1 teaspoon cumin seeds
- 2 tablespoons curry powder divided
- 16 ounce fettuccine barilla
- 4 cloves garlic crushed
- 3 tablespoons olive oil
- 1 large onion chopped
- 2 chicken breasts boneless skinless cut into cubes

- 2 tablespoons tomato paste

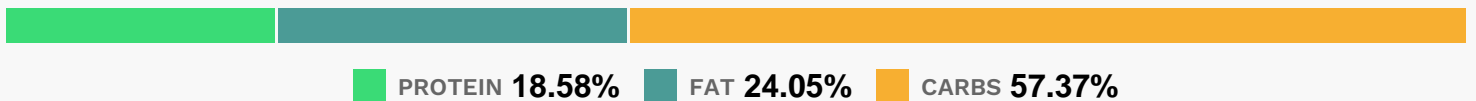
Equipment

- frying pan
- pot
- wok

Directions

- Bring a large pot of lightly-salted water to a rolling boil over high heat; add the fettuccine and return to a boil. Cook uncovered until the pasta has cooked through, but is still firm to the bite, about 8 minutes; drain.
- Heat the olive oil in a large skillet or wok over medium-high heat. Fry the cumin seeds in the hot oil until they begin to pop, 2 to 3 minutes. Cook and stir the onion and garlic in the oil until lightly browned, about 5 minutes.
- Add the chicken and continue cooking until the chicken is cooked through, 4 to 5 minutes. Season with 1 tablespoon curry powder; cook and stir another 3 to 4 minutes.
- Pour the diced tomatoes over the mixture and reduce heat to low. Stir in the tomato paste and remaining 1 tablespoon curry powder. Simmer 15 minutes.
- Stir the cooked pasta into the sauce to coat. Simmer 2 to 5 minutes, until pasta is reheated.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:37.58, Inflammation Score:-7, Nutrition Score:28.327391095783%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg

Nutrients (% of daily need)

Calories: 662.09kcal (33.1%), Fat: 17.89g (27.53%), Saturated Fat: 3.25g (20.3%), Carbohydrates: 96.03g (32.01%), Net Carbohydrates: 88.32g (32.12%), Sugar: 9.19g (10.21%), Cholesterol: 131.41mg (43.8%), Sodium: 288.15mg (12.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.1g (62.19%), Selenium: 109.61µg (156.59%), Manganese: 1.43mg (71.38%), Vitamin B3: 9.92mg (49.62%), Vitamin B6: 0.95mg (47.66%), Phosphorus: 458.76mg (45.88%), Fiber: 7.7g (30.82%), Copper: 0.62mg (30.76%), Iron: 5.3mg (29.44%), Magnesium: 117.62mg (29.4%), Vitamin E: 4.31mg (28.73%), Potassium: 979.7mg (27.99%), Vitamin B1: 0.34mg (22.81%), Vitamin B5: 2.19mg (21.91%), Zinc: 3.07mg (20.45%), Vitamin C: 15.65mg (18.97%), Vitamin K: 16.39µg (15.61%), Folate: 60.89µg (15.22%), Vitamin B2: 0.25mg (14.46%), Calcium: 112.29mg (11.23%), Vitamin A: 459.54IU (9.19%), Vitamin B12: 0.44µg (7.36%), Vitamin D: 0.4µg (2.64%)