



Fragrant chicken curry with chick peas



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 410 g chickpeas drained and rinsed canned
- ☐ 4 fillet meat from a rotisserie chicken boneless skinless cubed (500g 1lb 2oz total weight)
- ☐ 1 chicken stock cube
- ☐ 2 tbsp moglai curry powder (medium)
- ☐ 20 g coriander fresh
- ☐ 3 fat garlic cloves
- ☐ 1 piece cm/¼in root ginger fresh peeled roughly chopped
- ☐ 2 onions quartered

- ☐ 2 tsp paprika
- ☐ 1 chilli fresh red seeded roughly chopped
- ☐ 0.5 tsp turmeric

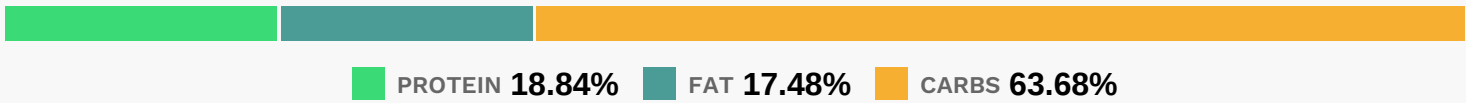
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ Tip the onions, garlic, ginger, ground spices, chilli and half the coriander into a food processor.
- ☐ Add 1 teaspoon salt and blend to a purée. Tip the mixture into a medium saucepan and cook over a low heat for 10 minutes, stirring frequently.Crumble in the stock cube, add the boiling water and return to the boil.
- ☐ Add the chicken, stir, then lower theheat and simmer for 20 minutes until the chicken is tender.Chop the remaining coriander, reserve 2 tablespoons, then stir the remainder into the curry with the chickpeas.
- ☐ Heat through and divide between fourbowls.
- ☐ Sprinkle with the reservedcoriander and spoon over the yogurt,then serve with basmati rice, naanbread or poppadums.

Nutrition Facts



Properties

Glycemic Index:53.58, Glycemic Load:5.61, Inflammation Score:-10, Nutrition Score:13.883043396489%

Flavonoids

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: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 13.85mg, Quercetin: 13.85mg, Quercetin: 13.85mg, Quercetin: 13.85mg

Nutrients (% of daily need)

Calories: 140.87kcal (7.04%), Fat: 2.93g (4.51%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 16.66g (6.06%), Sugar: 3.41g (3.79%), Cholesterol: 0.77mg (0.26%), Sodium: 533.51mg (23.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.1g (14.2%), Manganese: 1.17mg (58.5%), Vitamin B6: 0.72mg (36.01%), Fiber: 7.34g (29.36%), Vitamin C: 22.94mg (27.81%), Vitamin A: 1058.98IU (21.18%), Vitamin K: 21.44µg (20.42%), Iron: 2.93mg (16.29%), Phosphorus: 128.33mg (12.83%), Copper: 0.25mg (12.53%), Magnesium: 49.78mg (12.44%), Folate: 47.9µg (11.98%), Potassium: 395.02mg (11.29%), Vitamin E: 1.26mg (8.42%), Calcium: 77.92mg (7.79%), Zinc: 1.08mg (7.22%), Vitamin B1: 0.09mg (5.89%), Selenium: 3.98µg (5.69%), Vitamin B5: 0.49mg (4.91%), Vitamin B2: 0.08mg (4.71%), Vitamin B3: 0.79mg (3.95%)