






 **17%**
HEALTH SCORE

Indian Chicken Curry I

 **Gluten Free**  **Dairy Free**

READY IN

45 min.

SERVINGS

6

CALORIES

343 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 10 ounce coconut milk canned
- 15 ounce tomato sauce canned
- 4 cardamom pods
- 8 chicken breast halves bone-in skinless
- 1 cinnamon sticks
- 1 tablespoon curry powder hot (Madras)
- 1 teaspoon ginger fresh finely chopped
- 1 teaspoon garlic crushed

- 1 tablespoon olive oil
- 2 onion peeled quartered
- 6 servings salt to taste
- 6 servings salt and pepper to taste

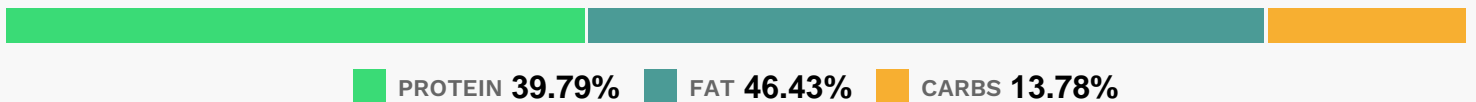
Equipment

- frying pan

Directions

- Rinse chicken and pat dry; season with salt and pepper to taste.
- Heat oil in a large skillet over medium high heat, then saute chicken until browned.
- Remove chicken from skillet and set aside.
- Saute onions in skillet until translucent; add ginger and garlic and saute until fragrant, then stir in curry powder.
- Return chicken to skillet and add tomato sauce, coconut milk, cloves, cardamom and cinnamon stick. Season with salt to taste and stir all together.
- Reduce heat to low and simmer until chicken is tender and cooked through (no longer pink inside), about 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:2.07, Inflammation Score:-6, Nutrition Score:22.795217555502%

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: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg

Nutrients (% of daily need)

Calories: 342.59kcal (17.13%), Fat: 17.97g (27.65%), Saturated Fat: 11.22g (70.16%), Carbohydrates: 11.99g (4%), Net Carbohydrates: 8.24g (3%), Sugar: 5.71g (6.34%), Cholesterol: 96.43mg (32.14%), Sodium: 907.84mg (39.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.65g (69.31%), Vitamin B3: 16.88mg (84.41%), Selenium: 52.01µg (74.31%), Vitamin B6: 1.28mg (63.99%), Manganese: 1.11mg (55.34%), Phosphorus: 400.53mg (40.05%), Potassium: 982.12mg (28.06%), Vitamin B5: 2.5mg (25.03%), Magnesium: 77.17mg (19.29%), Fiber: 3.76g (15.03%), Iron: 2.65mg (14.71%), Copper: 0.28mg (14%), Vitamin C: 11.39mg (13.81%), Vitamin E: 1.96mg (13.04%), Vitamin B2: 0.21mg (12.52%), Zinc: 1.57mg (10.45%), Vitamin B1: 0.15mg (9.93%), Vitamin A: 364.44IU (7.29%), Folate: 28.56µg (7.14%), Calcium: 50.4mg (5.04%), Vitamin B12: 0.3µg (5.02%), Vitamin K: 5.07µg (4.83%)