



Indian Chicken Curry II

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bay leaf
- 0.5 teaspoon cayenne pepper
- 0.8 cup coconut milk
- 3 tablespoons curry powder
- 0.5 teaspoon ginger root fresh grated
- 2 cloves garlic minced
- 1 teaspoon ground cinnamon
- 0.5 juice of lemon juiced

- 3 tablespoons olive oil
- 1 small onion chopped
- 1 teaspoon paprika
- 1 cup yogurt plain
- 6 servings salt to taste
- 2 chicken breast halves boneless skinless cut into bite-size pieces
- 1 tablespoon tomato paste
- 0.5 teaspoon sugar white

Equipment

- frying pan

Directions

- Heat olive oil in a skillet over medium heat.
- Saute onion until lightly browned. Stir in garlic, curry powder, cinnamon, paprika, bay leaf, ginger, sugar and salt. Continue stirring for 2 minutes.
- Add chicken pieces, tomato paste, yogurt, and coconut milk. Bring to a boil, reduce heat, and simmer for 20 to 25 minutes.
- Remove bay leaf, and stir in lemon juice and cayenne pepper. Simmer 5 more minutes.

Nutrition Facts

■ PROTEIN 19.97% ■ FAT 66.2% ■ CARBS 13.83%

Properties

Glycemic Index:60.02, Glycemic Load:1.95, Inflammation Score:-4, Nutrition Score:9.6043478095013%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg

0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 207.79kcal (10.39%), Fat: 15.86g (24.4%), Saturated Fat: 7.47g (46.69%), Carbohydrates: 7.46g (2.49%), Net Carbohydrates: 5.78g (2.1%), Sugar: 3.27g (3.64%), Cholesterol: 29.42mg (9.81%), Sodium: 283.71mg (12.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.76g (21.53%), Manganese: 0.46mg (23.11%), Vitamin B3: 4.4mg (22.01%), Selenium: 13.86µg (19.8%), Vitamin B6: 0.38mg (19.16%), Phosphorus: 164.63mg (16.46%), Vitamin E: 2.04mg (13.6%), Iron: 2.26mg (12.57%), Potassium: 375.05mg (10.72%), Magnesium: 39.14mg (9.78%), Calcium: 81.03mg (8.1%), Vitamin K: 8.24µg (7.85%), Vitamin B5: 0.78mg (7.76%), Vitamin A: 357.99IU (7.16%), Vitamin B2: 0.12mg (6.98%), Fiber: 1.68g (6.71%), Copper: 0.12mg (6.19%), Zinc: 0.81mg (5.43%), Vitamin C: 4.17mg (5.05%), Folate: 16.42µg (4.1%), Vitamin B1: 0.06mg (4.07%), Vitamin B12: 0.23µg (3.77%)