



Indian Chicken Curry (Murgh Kari)

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce canned tomatoes crushed canned
- ☐ 1 teaspoon cayenne pepper
- ☐ 0.5 cup cooking oil
- ☐ 1 tablespoon curry powder
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1.5 teaspoons ginger root fresh minced
- ☐ 1 teaspoon garam masala
- ☐ 1 tablespoon garlic minced

- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon ground turmeric
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 cups onion chopped
- ☐ 1 cup yogurt plain
- ☐ 1 teaspoon salt
- ☐ 2 pounds chicken breast halves boneless skinless
- ☐ 0.5 cup water

Equipment

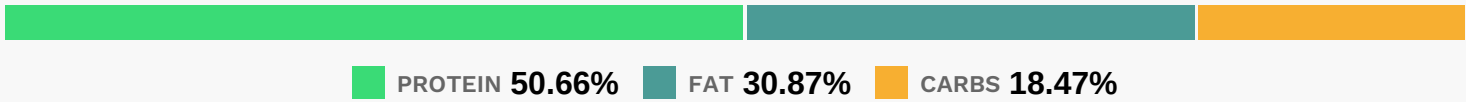
- ☐ frying pan
- ☐ kitchen thermometer

Directions

- ☐ Sprinkle the chicken breasts with 2 teaspoons salt.
- ☐ Heat the oil in a large skillet over high heat; partially cook the chicken in the hot oil in batches until completely browned.
- ☐ Transfer the browned chicken breasts to a plate and set aside.
- ☐ Reduce the heat under the skillet to medium-high; add the onion, garlic, and ginger to the oil remaining in the skillet and cook and stir until the onion turns translucent, about 8 minutes. Stir the curry powder, cumin, turmeric, coriander, cayenne, and 1 tablespoon of water into the onion mixture; allow to heat together for about 1 minute while stirring.
- ☐ Mix the tomatoes, yogurt, 1 tablespoon chopped cilantro, and 1 teaspoon salt into the mixture. Return the chicken breast to the skillet along with any juices on the plate.
- ☐ Pour 1/2 cup water into the mixture; bring to a boil, turning the chicken to coat with the sauce.
- ☐ Sprinkle the garam masala and 1 tablespoon cilantro over the chicken.
- ☐ Cover the skillet and simmer until the chicken breasts are no longer pink in the center and the juices run clear, about 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Sprinkle with lemon juice to serve.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:2.83, Inflammation Score:-10, Nutrition Score:21.598695661711%

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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 280.97kcal (14.05%), Fat: 9.64g (14.82%), Saturated Fat: 2.09g (13.05%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 10.17g (3.7%), Sugar: 6.88g (7.65%), Cholesterol: 102.07mg (34.02%), Sodium: 679.89mg (29.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.58g (71.16%), Vitamin B3: 16.83mg (84.16%), Selenium: 50.42µg (72.03%), Vitamin B6: 1.35mg (67.28%), Phosphorus: 401.41mg (40.14%), Potassium: 939.95mg (26.86%), Vitamin B5: 2.57mg (25.72%), Magnesium: 69.32mg (17.33%), Vitamin C: 13.48mg (16.33%), Manganese: 0.32mg (16.19%), Vitamin B2: 0.27mg (15.74%), Vitamin E: 2.21mg (14.72%), Iron: 2.35mg (13.07%), Vitamin B1: 0.19mg (12.71%), Fiber: 2.8g (11.22%), Copper: 0.22mg (10.82%), Calcium: 105.13mg (10.51%), Zinc: 1.49mg (9.96%), Vitamin K: 8.52µg (8.11%), Vitamin A: 396.52IU (7.93%), Vitamin B12: 0.45µg (7.56%), Folate: 28.41µg (7.1%), Vitamin D: 0.19µg (1.28%)