



Indian-Style Chicken Curry

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



718 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 4 chicken thighs
- ☐ 2 servings rice hot cooked
- ☐ 2 teaspoons curry powder
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 large onion thinly sliced
- ☐ 0.5 teaspoon salt

- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 1 tablespoon tomato paste
- ☐ 1.5 cups water boiling

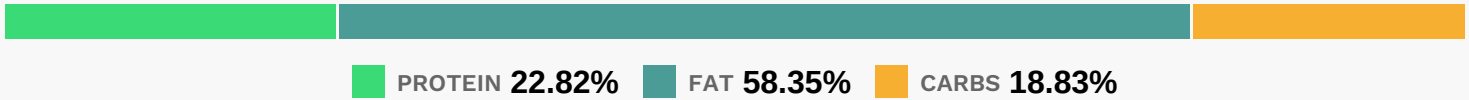
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Sprinkle chicken with salt, and pierce with a fork. Cover and chill 15 minutes.
- ☐ Melt butter in a skillet over medium heat; add onion, and saut 8 minutes or until lightly browned.
- ☐ Remove onion with a slotted spoon, reserving drippings in skillet.
- ☐ Add chicken to skillet, and cook 7 to 8 minutes on each side or until browned. Stir in onion, 1 1/2 cups boiling water, and next 4 ingredients. Cover, reduce heat to low, and cook 30 minutes or until done. Stir in sour cream; cook just until thoroughly heated (do not boil).
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:95.5, Glycemic Load:26.03, Inflammation Score:-7, Nutrition Score:22.068261011787%

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: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg

Nutrients (% of daily need)

Calories: 718.16kcal (35.91%), Fat: 46.31g (71.25%), Saturated Fat: 12.66g (79.12%), Carbohydrates: 33.61g (11.2%), Net Carbohydrates: 30.77g (11.19%), Sugar: 4.67g (5.19%), Cholesterol: 228.56mg (76.19%), Sodium: 903.04mg (39.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.76g (81.52%), Selenium: 49.93µg (71.33%), Vitamin B3: 11.26mg (56.3%), Vitamin B6: 0.99mg (49.33%), Phosphorus: 441.69mg (44.17%), Manganese: 0.64mg (32.24%), Vitamin B5: 2.75mg (27.54%), Vitamin B12: 1.48µg (24.64%), Zinc: 3.58mg (23.85%), Vitamin B2: 0.37mg (21.91%), Potassium: 745.77mg (21.31%), Magnesium: 75.04mg (18.76%), Iron: 3.09mg (17.15%), Vitamin B1: 0.23mg (15.66%), Copper: 0.28mg (14.24%), Vitamin A: 651IU (13.02%), Fiber: 2.85g (11.38%), Vitamin E: 1.58mg (10.56%), Vitamin C: 7.8mg (9.45%), Calcium: 83.77mg (8.38%), Vitamin K: 8.16µg (7.77%), Folate: 28.28µg (7.07%), Vitamin D: 0.23µg (1.51%)