



## Kunna (A Delicious Chinioti Dish, Punjab, Pakistan)

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



93 kcal

SIDE DISH

### Ingredients

- 1 medium garlic crushed
- 1 medium ginger crushed
- 1 cup cooking oil
- 3 onion chopped
- 1 teaspoon spices: paprika powder 1
- 3 flour
- 1 kilogram frangelico with bones

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## Equipment

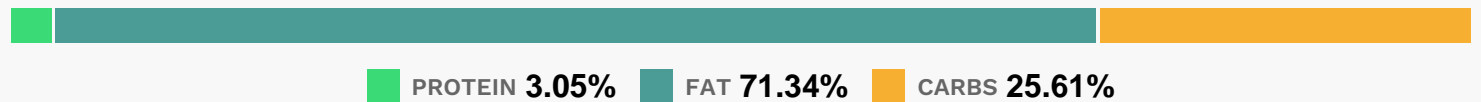
pot

## Directions

In a large earthenware pot (Handi Matti ki) or any mettalic pot add meat, garlic ginger and cook for 1-3 minutes then add water 1/4 cup and onion and spices except flour,caraway and garam masala.Cook on low heat till meat is tender, Then add oil and stir fry.Now mix wheat flour in 1/4 cup of water and add to it and cook on low flame for further 10-15 minutes. At last sprinkle caraway and garam masala and simmer for 5-10 minutes.Delicious Kunna is ready

Serve with Naan/ Roti( Pakistani Bread) or with fried Rice.

## Nutrition Facts



## Properties

Glycemic Index:24.5, Glycemic Load:1.48, Inflammation Score:-3, Nutrition Score:2.3295652173913%

## 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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg

## Taste

Sweetness: 6.37%, Saltiness: 0.01%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 92.64kcal (4.63%), Fat: 7.58g (11.66%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 6.12g (2.04%), Net Carbohydrates: 5.09g (1.85%), Sugar: 2.38g (2.65%), Cholesterol: 0mg (0%), Sodium: 2.62mg (0.11%), Protein: 0.73g (1.46%), Vitamin E: 1.33mg (8.85%), Manganese: 0.14mg (6.91%), Vitamin K: 5.65µg (5.38%), Vitamin C: 4.36mg (5.29%), Fiber: 1.03g (4.13%), Vitamin B6: 0.08mg (3.78%), Folate: 11.59µg (2.9%), Potassium: 89.89mg (2.57%), Vitamin B1: 0.03mg (2.06%), Phosphorus: 18.05mg (1.8%), Magnesium: 6.69mg (1.67%), Calcium: 16.09mg (1.61%), Copper: 0.03mg (1.4%), Iron: 0.22mg (1.22%), Vitamin B2: 0.02mg (1.1%)