



Light chicken korma



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 handful almonds toasted sliced
- ☐ 4 chicken breast skinless cut into bite-size pieces
- ☐ 100 ml chicken stock see
- ☐ 1 tsp garam masala
- ☐ 1 garlic clove
- ☐ 1 small knob ginger fresh peeled finely sliced
- ☐ 2 tbsp almond flour
- ☐ 1 onion sliced

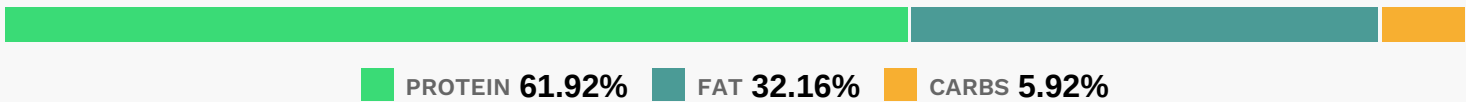
☐ 1 tbsp vegetable oil

Equipment

Directions

- ☐ Cook the ginger, garlic and onion in a large pan with the oil until softened. Tip in the chicken and cook until lightly browned, about 5 mins, then add in garam masala and cook for 1 min further.
- ☐ Pour over the stock and simmer for 10 mins until the chicken is cooked through.
- ☐ Mix together the fromage frais and ground almonds. Take the pan off the heat and stir in the fromage fraismixture.
- ☐ Sprinkle over sliced almonds, garnish with coriander and serve with boiled rice, chapatis or plain naan bread.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.65, Inflammation Score:-4, Nutrition Score:21.785651927409%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 332.37kcal (16.62%), Fat: 11.51g (17.71%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 4.77g (1.59%), Net Carbohydrates: 3.79g (1.38%), Sugar: 1.71g (1.9%), Cholesterol: 145.4mg (48.47%), Sodium: 300.03mg (13.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.86g (99.72%), Vitamin B3: 24.02mg (120.1%), Selenium: 73.13µg (104.48%), Vitamin B6: 1.75mg (87.56%), Phosphorus: 491.86mg (49.19%), Vitamin B5: 3.26mg (32.6%), Potassium: 908.86mg (25.97%), Magnesium: 63.49mg (15.87%), Vitamin B2: 0.26mg (15.22%), Vitamin B1: 0.17mg (11.22%), Zinc: 1.41mg (9.4%), Vitamin B12: 0.45µg (7.53%), Vitamin K: 6.88µg (6.55%), Iron: 1.1mg (6.13%), Vitamin C: 5.04mg (6.11%), Vitamin E: 0.79mg (5.24%), Copper: 0.09mg (4.54%), Manganese: 0.09mg (4.41%), Fiber: 0.98g

(3.94%), Folate: 15.69µg (3.92%), Calcium: 27.81mg (2.78%), Vitamin D: 0.23µg (1.51%), Vitamin A: 69.18IU (1.38%)