



Light chicken korma

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



333 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

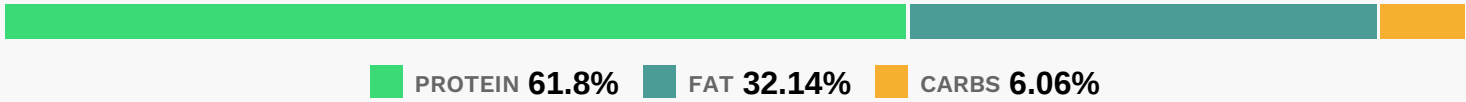
- ☐ 1 tbsp vegetable oil
- ☐ 1 leaves naan breads plain
- ☐ 3 tbsp frangelico low-fat
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Equipment

Directions

- ☐ Cook the ginger, garlic and onion in a large panwith the oil until softened. Tip in the chicken andcook until lightly browned, about 5 mins, thenadd in garam masala and cook for 1 min further.
- ☐ Pour over the stock and simmer for 10 minsuntil the chicken is cooked through.
- ☐ Mix togetherthe fromage frais and ground almonds. Take thepan off the heat and stir in the fromage fraismixture.
- ☐ Sprinkle over sliced almonds, garnishwith coriander and serve with boiled rice, chapatisor plain naan bread.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.65, Inflammation Score:-4, Nutrition Score:21.786956273991%

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, 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: 333.12kcal (16.66%), Fat: 11.53g (17.74%), Saturated Fat: 2.03g (12.69%), Carbohydrates: 4.89g (1.63%), Net Carbohydrates: 3.9g (1.42%), Sugar: 1.72g (1.91%), Cholesterol: 145.42mg (48.47%), Sodium: 301.74mg (13.12%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.88g (99.76%), 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: 0.99g (3.95%), Folate: 15.69µg (3.92%), Calcium: 27.96mg (2.8%), Vitamin D: 0.23µg (1.51%), Vitamin A: 69.18IU (1.38%)