



## Madras Coconut Curry

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



749 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 400 ml coconut milk canned
- ☐ 400 g canned tomatoes peeled canned
- ☐ 1 large carrots cut into chunks
- ☐ 1.2 kg chicken pieces
- ☐ 3 Tbs madras curry powder
- ☐ 0.5 bulb garlic crushed peeled
- ☐ 2 inch ginger-thinly sliced
- ☐ 1 large onion sliced

- ☐ 1 tsp salt to taste (more or less )
- ☐ 1 tsp sugar

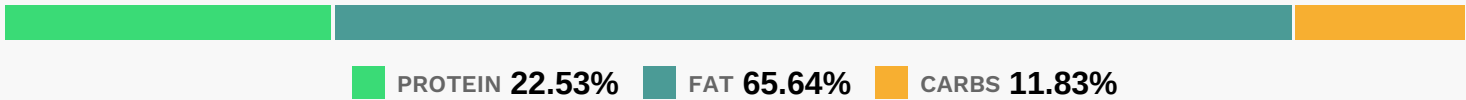
## Equipment

- ☐ pot
- ☐ wok

## Directions

- ☐ Heat up a bit of oil in a wok or a pot.

## Nutrition Facts



## Properties

Glycemic Index:57.98, Glycemic Load:4.3, Inflammation Score:-10, Nutrition Score:31.324347775915%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg

## Nutrients (% of daily need)

Calories: 749.05kcal (37.45%), Fat: 55.91g (86.02%), Saturated Fat: 30.37g (189.82%), Carbohydrates: 22.68g (7.56%), Net Carbohydrates: 15.76g (5.73%), Sugar: 11.47g (12.75%), Cholesterol: 153mg (51%), Sodium: 888.29mg (38.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.17g (86.35%), Vitamin B3: 16.28mg (81.4%), Manganese: 1.44mg (72.18%), Vitamin A: 3555.05IU (71.1%), Selenium: 37.36µg (53.38%), Vitamin B6: 1.03mg (51.6%), Phosphorus: 468.75mg (46.88%), Iron: 6.36mg (35.35%), Potassium: 1146.78mg (32.77%), Copper: 0.62mg (31.08%), Magnesium: 117.86mg (29.46%), Fiber: 6.92g (27.68%), Zinc: 3.94mg (26.25%), Vitamin B5: 2.42mg (24.25%), Vitamin C: 19.97mg (24.21%), Vitamin E: 3.19mg (21.26%), Vitamin B2: 0.33mg (19.56%), Vitamin B1: 0.27mg (17.77%), Vitamin K: 15.71µg (14.96%), Folate: 59.69µg (14.92%), Calcium: 111.43mg (11.14%), Vitamin B12: 0.63µg (10.54%), Vitamin D: 0.41µg (2.72%)