

Maharaja Curry



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cayenne pepper to taste
- ☐ 1 pound rotisserie chicken breast meat boneless skinless cubed
- ☐ 1 teaspoon cumin seed
- ☐ 1 teaspoon garam masala
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon ginger minced
- ☐ 1 teaspoon ground turmeric
- ☐ 2 medium onions finely chopped

- ☐ 5 tomatoes peeled seeded chopped
- ☐ 2 tablespoons vegetable oil

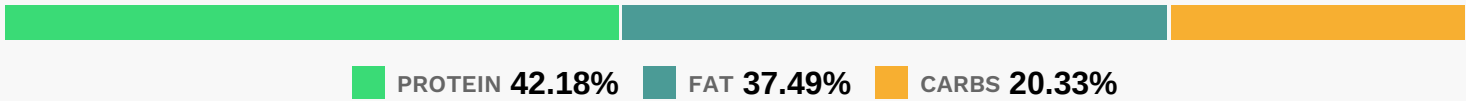
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat oil in a large saucepan over medium heat. Stir in cumin seed and cook until they start to pop, 20 to 45 seconds. Stir in onion, and cook until golden brown, about 5 minutes. Season with turmeric, cayenne, garam masala, garlic, and ginger. Cook for 1 to 2 minutes until fragrant.
- ☐ Puree the mixture with the tomatoes in a blender until smooth. Return the puree to the saucepan, and add the chicken. Simmer gently until the chicken has cooked, about 20 minutes; add water as needed while cooking to maintain desired consistency.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:2.88, Inflammation Score:-10, Nutrition Score:19.653043249379%

Flavonoids

Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg 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: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 12.07mg, Quercetin: 12.07mg, Quercetin: 12.07mg, Quercetin: 12.07mg

Nutrients (% of daily need)

Calories: 248.81kcal (12.44%), Fat: 10.43g (16.04%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 12.72g (4.24%), Net Carbohydrates: 9.51g (3.46%), Sugar: 6.49g (7.21%), Cholesterol: 72.57mg (24.19%), Sodium: 143.31mg (6.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.39g (52.79%), Vitamin B3: 12.91mg (64.57%), Vitamin B6: 1.07mg (53.69%), Selenium: 36.77µg (52.53%), Vitamin C: 27.37mg (33.17%), Vitamin A: 1530.32IU (30.61%), Phosphorus: 298.03mg (29.8%), Potassium: 906.17mg (25.89%), Vitamin K: 25.61µg (24.39%), Vitamin B5: 1.83mg (18.28%), Manganese: 0.35mg (17.28%), Magnesium: 56.39mg (14.1%), Fiber: 3.22g (12.87%), Vitamin E: 1.8mg (12%),

Vitamin B1: 0.16mg (10.82%), Vitamin B2: 0.17mg (9.78%), Folate: 39.04µg (9.76%), Iron: 1.55mg (8.63%), Copper: 0.16mg (7.91%), Zinc: 1.09mg (7.24%), Calcium: 41.64mg (4.16%), Vitamin B12: 0.23µg (3.78%)