



Massaman Curry

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon five-spice powder chinese
- 0.3 teaspoon cayenne
- 1 cup chicken broth low-sodium homemade canned
- 3 tablespoons cilantro leaves chopped
- 1 tablespoon cooking oil
- 1 teaspoon ginger fresh chopped
- 2 cloves garlic minced
- 1 teaspoon ground cumin

- 0.5 cup heavy cream unsweetened canned
- 1 onion chopped
- 0.5 cup peanuts chopped
- 0.5 pound plum tomatoes cut into wedges (4)
- 0.5 pound potatoes boiling peeled cut into 1/2-inch pieces (2)
- 1 teaspoon salt
- 1.3 pounds chicken breasts boneless skinless cut into 12-inch pieces (4)
- 0.3 teaspoon turmeric

Equipment

- sauce pan
- whisk

Directions

- In a large saucepan, heat the oil over moderately low heat.
- Add the onion and cook, stirring occasionally, until it is translucent, about 5 minutes.
- Add the garlic, ginger, five-spice powder, cumin, cayenne, turmeric, and 1/2 teaspoon of the salt. Stir until fragrant, about 1 minute.
- Whisk in the broth and then the coconut milk; bring to a simmer. Stir in the potatoes, cover, and cook over low heat until they are almost tender, about 12 minutes.
- Add the chicken to the sauce, cover, and simmer for 5 minutes. Stir in the peanuts, tomatoes, cilantro, and the remaining 1/2 teaspoon salt. Turn the heat off, cover, and let steam until the chicken is just done, about 2 minutes longer.
- Menu Suggestion: For this curry, steamed white rice is the only accompaniment you need.
- Wine Recommendation: For this bold curry, bursting with heat, spice, and sweetness, a fresh, aromatic white that won't get pushed around--a chenin blanc from the Loire Valley in France or from California, for example, or a sauvignon blanc from New Zealand--is a good match.

Nutrition Facts



Properties

Glycemic Index:50.81, Glycemic Load:1.5, Inflammation Score:-9, Nutrition Score:27.644347491472%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg 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: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg

Nutrients (% of daily need)

Calories: 455.45kcal (22.77%), Fat: 24.5g (37.69%), Saturated Fat: 9.02g (56.35%), Carbohydrates: 20.52g (6.84%), Net Carbohydrates: 15.7g (5.71%), Sugar: 4.52g (5.02%), Cholesterol: 96.77mg (32.26%), Sodium: 798.66mg (34.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.01g (82.02%), Vitamin B3: 20.82mg (104.11%), Selenium: 52.29µg (74.7%), Vitamin B6: 1.42mg (71.02%), Manganese: 1.04mg (52.01%), Phosphorus: 502.4mg (50.24%), Potassium: 1296.15mg (37.03%), Vitamin B5: 2.79mg (27.94%), Magnesium: 111.42mg (27.85%), Copper: 0.46mg (22.83%), Vitamin C: 18.28mg (22.16%), Vitamin B1: 0.32mg (21.18%), Folate: 79.2µg (19.8%), Fiber: 4.81g (19.26%), Iron: 3.32mg (18.42%), Vitamin B2: 0.24mg (13.98%), Zinc: 1.96mg (13.08%), Vitamin A: 604.03IU (12.08%), Vitamin K: 10.16µg (9.68%), Vitamin E: 1.33mg (8.87%), Calcium: 66.61mg (6.66%), Vitamin B12: 0.36µg (6.02%), Vitamin D: 0.15µg (1.01%)