



My Chicken Korma

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

READY IN



45 min.

SERVINGS



3

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 250 g chicken breast
- 1 cup coconut milk
- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 2 teaspoons ginger/garlic paste
- 2 teaspoons almond flour
- 1 tablespoon cooking oil
- 0.5 teaspoon poppy seeds

- 3 raisins
- 1 teaspoon salt

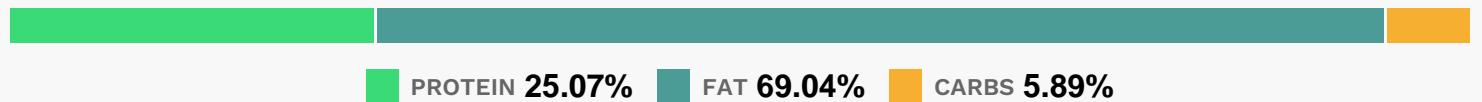
Equipment

- frying pan

Directions

- Cut the chicken breasts into small pieces.
- Heat Oil in a pan.
- Add the ginger/garlic paste to the oil and fry it for about 3 mins at a low heat. Then add cumin, coriander, almond and poppy seeds. Fry the masala for about 3-4 mins at a low heat.
- Add the chicken pieces to the masala and continue to fry for another 5 mins at a low heat, stirring carefully and folding the masala from across the pan.
- Add the coconut milk, stir the chicken pieces and ensure they are covered with coconut milk.
- Add salt to taste and the raisins. Cover the pan and let the chicken cook with occasional stirring.
- Serve with basmati rice.

Nutrition Facts



Properties

Glycemic Index:65.27, Glycemic Load:2.58, Inflammation Score:-3, Nutrition Score:13.008695652174%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Taste

Sweetness: 10.22%, Saltiness: 100%, Sourness: 13.07%, Bitterness: 16.1%, Savoriness: 67.43%, Fattiness: 99.43%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 314.54kcal (15.73%), Fat: 24.88g (38.28%), Saturated Fat: 15.22g (95.09%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 4.06g (1.47%), Sugar: 0.17g (0.19%), Cholesterol: 53.33mg (17.78%), Sodium: 883.13mg (38.4%), Protein: 20.33g (40.65%), Vitamin B3: 9.23mg (46.14%), Selenium: 27.32µg (39.02%), Manganese: 0.7mg (35.06%), Vitamin B6: 0.69mg (34.51%), Phosphorus: 260.17mg (26.02%), Iron: 3.32mg (18.44%), Magnesium: 61.38mg (15.34%), Potassium: 505.5mg (14.44%), Vitamin B5: 1.32mg (13.24%), Copper: 0.22mg (10.84%), Zinc: 1.02mg (6.79%), Vitamin E: 1mg (6.65%), Vitamin B1: 0.08mg (5.62%), Vitamin B2: 0.09mg (5.32%), Calcium: 43.94mg (4.39%), Folate: 14.44µg (3.61%), Vitamin C: 2.92mg (3.54%), Vitamin K: 3.57µg (3.4%), Fiber: 0.72g (2.9%), Vitamin B12: 0.17µg (2.78%)