

Opor Ayam

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

READY IN



60 min.

SERVINGS



8

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1 kg chicken
- 400 ml full fat coconut cream
- 3 tablespoons cooking oil for stir frying
- 2 tablespoons coriander seeds toasted
- 0.5 teaspoon cumin seeds toasted
- 2 inches galangal
- 5 garlic

- 2 inches ginger
- 8 hardboiled eggs
- 1 juice of lime
- 5 kaffir lime leaves
- 2 stalks lemon grass
- 3 nuts good canned (macadamia can be a substitute)
- 1 teaspoon salt to taste ()
- 10 shallots
- 1 inch turmeric
- 1 liter water
- 1 teaspoon pepper white toasted

Equipment

- food processor
- sauce pan
- wok

Directions

- Rub the chicken pieces with lime juice , set aside .Put all the toasted spices , shallots , garlic, galangal , ginger , turmeric, candle nuts in a food processor and blend into paste . You may add a little water or cooking oil to get that smooth paste .
- Mix the water and the coconut cream in a large sauce pan . Cook it in a low heat .
- Add the lemon grass , kaffir lime leaves and bay leaves in it .Meanwhile , heat a little oil in a wok . When it's hot stir fry the spice paste until you can smell the beautiful aroma comes out of it . Then add the chicken pieces and continue to stir until the chicken are coated with spice .When the meat is sealed and the coconut milk sauce start to warm up , add the chicken pieces . Turn the heat up and bring it to boil .Lower the heat and simmer for about 30 minute (or until the chicken are cooked) .
- Add the hard boiled eggs (if using) in the last 10 minutes of cooking time .
- Garnish with deep fried shallots and serve hot with steamed rice or rice cake .

Nutrition Facts

PROTEIN 17.45% FAT 71.92% CARBS 10.63%

Properties

Glycemic Index:14.33, Glycemic Load:1.51, Inflammation Score:-5, Nutrition Score:15.79347826087%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 459.53kcal (22.98%), Fat: 37.71g (58.02%), Saturated Fat: 20.26g (126.64%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 9.68g (3.52%), Sugar: 3.13g (3.48%), Cholesterol: 231.5mg (77.17%), Sodium: 408.28mg (17.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.59g (41.17%), Manganese: 1.06mg (52.93%), Selenium: 25.07µg (35.81%), Phosphorus: 270.48mg (27.05%), Vitamin B3: 4.75mg (23.76%), Vitamin B6: 0.44mg (21.76%), Vitamin B2: 0.35mg (20.49%), Iron: 3.37mg (18.74%), Copper: 0.32mg (15.79%), Vitamin B5: 1.49mg (14.94%), Potassium: 512.9mg (14.65%), Zinc: 2.13mg (14.23%), Folate: 51.6µg (12.9%), Vitamin B12: 0.74µg (12.35%), Magnesium: 48.5mg (12.12%), Fiber: 2.85g (11.4%), Vitamin E: 1.65mg (10.97%), Vitamin C: 7.12mg (8.63%), Vitamin D: 1.22µg (8.13%), Vitamin B1: 0.12mg (7.68%), Calcium: 70.49mg (7.05%), Vitamin A: 350.71IU (7.01%), Vitamin K: 5.11µg (4.86%)