



Spicy Chicken Curry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chili powder
- ☐ 1 tablespoon garam masala
- ☐ 2 tablespoons ginger garlic paste
- ☐ 4 chile peppers green chopped
- ☐ 1 pinch ground turmeric
- ☐ 2 onions chopped
- ☐ 1 tablespoon poppy seeds
- ☐ 5 servings salt to taste

- ☐ 1 pound chicken breast halves boneless skinless cut into bite size pieces
- ☐ 4 tablespoons vegetable oil
- ☐ 2 cups water

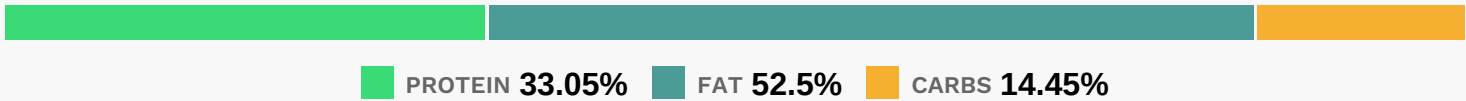
Equipment

- ☐ frying pan
- ☐ stove

Directions

- ☐ Rinse chicken pieces and pat dry. Set aside. Grind poppy seeds into a paste.
- ☐ In a large skillet, saute onions and green chiles in oil until golden brown.
- ☐ Add ginger garlic paste and continue to saute.
- ☐ Add poppy seed paste and reserved chicken pieces, continuing to saute. Stir all together; after chicken is well mixed with the 'gravy', add the red chili powder and pour 2 cups of water over the mixture. Cover skillet and let simmer about 12 to 15 minutes, until chicken is cooked through.
- ☐ After chicken is 'well-boiled' (the oil should be floating on top of the skillet liquid), add the garam masala and turmeric powder and turn off the stove. Stir all together and serve.

Nutrition Facts



Properties

Glycemic Index:7.4, Glycemic Load:0.92, Inflammation Score:-8, Nutrition Score:14.506087049194%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg

Nutrients (% of daily need)

Calories: 253.3kcal (12.67%), Fat: 14.6g (22.46%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 5.46g (1.98%), Sugar: 3.35g (3.72%), Cholesterol: 58.06mg (19.35%), Sodium: 481.01mg (20.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.68g (41.36%), Vitamin B3: 9.9mg (49.51%), Selenium: 30.15µg (43.07%), Vitamin B6: 0.8mg (40.2%), Phosphorus: 228.58mg (22.86%), Vitamin K: 23.75µg (22.62%), Vitamin A: 976.9IU (19.54%), Vitamin E: 2.32mg (15.49%), Fiber: 3.58g (14.34%), Vitamin B5: 1.38mg (13.81%), Potassium: 475.79mg (13.59%), Manganese: 0.25mg (12.38%), Vitamin C: 8.71mg (10.56%), Magnesium: 39.99mg (10%), Vitamin B2: 0.13mg (7.91%), Vitamin B1: 0.1mg (6.78%), Iron: 1.17mg (6.5%), Zinc: 0.89mg (5.94%), Copper: 0.12mg (5.92%), Calcium: 54.1mg (5.41%), Folate: 14.37µg (3.59%), Vitamin B12: 0.18µg (3.02%)