



## 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 to 2 chillies slit green chopped
- 1 pinch turmeric
- 2 onion 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

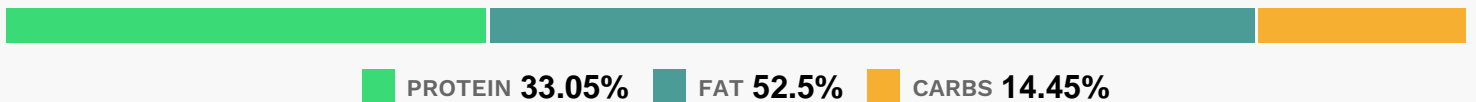
## Equipment

- 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%)