



1%  
HEALTH SCORE

## Spicy Indian Chicken with Green Masala

 Gluten Free

READY IN



180 min.

SERVINGS



8

CALORIES



72 kcal

SIDE DISH

### Ingredients

- 1 tablespoon cumin seeds
- 2 cups cilantro leaves fresh chopped
- 1 tablespoon ginger garlic paste
- 7 to 2 chillies slit fresh diced green
- 1.5 teaspoons turmeric dried
- 1 teaspoon juice of lime
- 1 small onion thinly sliced
- 1 tablespoon yogurt plain

- 1 teaspoon salt
- 8 chicken thighs skinless
- 1 tablespoon vegetable oil

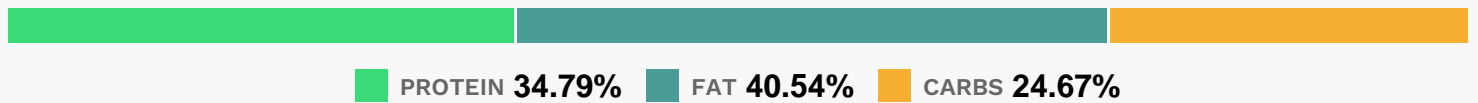
## Equipment

- frying pan
- blender
- ziploc bags

## Directions

- Place chili peppers, cumin seed, ginger-garlic paste, salt, turmeric, lime juice, and cilantro into a blender. Puree until the cilantro is very finely chopped, then add yogurt, and puree until smooth.
- Pour over the chicken drumsticks in a resealable plastic bag, and mix to coat. Marinate in the refrigerator at least 2 hours.
- To cook, heat vegetable oil in a large skillet over medium heat. Stir in onion, and cook until the onion softens and turns translucent, about 5 minutes.
- Add the chicken and marinade, and bring to a simmer. Reduce heat to medium-low, cover, and simmer until the drumsticks are tender, 30 to 40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:11, Glycemic Load:0.23, Inflammation Score:-10, Nutrition Score:4.798260870997%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

## Nutrients (% of daily need)

Calories: 71.83kcal (3.59%), Fat: 3.17g (4.87%), Saturated Fat: 0.62g (3.89%), Carbohydrates: 4.33g (1.44%), Net Carbohydrates: 2.61g (0.95%), Sugar: 1.87g (2.08%), Cholesterol: 27.47mg (9.16%), Sodium: 460.96mg (20.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.23%), Vitamin K: 16.54µg (15.75%), Selenium: 6.5µg (9.28%), Vitamin B3: 1.68mg (8.39%), Vitamin C: 6.81mg (8.25%), Vitamin B6: 0.14mg (6.89%), Fiber: 1.72g (6.88%), Phosphorus: 65.05mg (6.51%), Vitamin A: 289.04IU (5.78%), Iron: 0.95mg (5.27%), Zinc: 0.74mg (4.95%), Manganese: 0.09mg (4.44%), Vitamin B2: 0.07mg (4.25%), Potassium: 133.54mg (3.82%), Vitamin B5: 0.38mg (3.76%), Magnesium: 12.07mg (3.02%), Vitamin B12: 0.17µg (2.87%), Vitamin B1: 0.04mg (2.61%), Vitamin E: 0.33mg (2.23%), Copper: 0.04mg (2.07%), Calcium: 18.67mg (1.87%), Folate: 5.81µg (1.45%)