



## Sri Lankan Chicken Biryani

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons butter
- 4 ounces cashew pieces chopped
- 1 lb chicken cut into bite sized pieces
- 1 teaspoon chili powder
- 2 inches cinnamon sticks
- 10 curry leaves
- 1 teaspoon curry powder
- 1 inch ginger fresh grated

- 6 garlic clove crushed peeled
- 3 cardamom pods split green
- 0.5 teaspoon pepper black
- 2 cups rice long grain washed and drained
- 2 cups rice long grain washed and drained
- 2 tablespoons cooking oil
- 1 large onion sliced
- 8 ounces peas frozen
- 4 ounces raisins
- 4 servings salt
- 2 medium tomatoes diced
- 0.5 teaspoon turmeric

## Equipment

- frying pan
- pot

## Directions

- Heat the oil in a large pan and fry the onions till golden brown.melt the butter in the same pan.
- Add the peas, raisins and fry for 1 minute.
- Remove the onion peas and raisins, leaving the fat and oil in the pan. Set on one side till later.Turn the heat down and cook the chilli powder, curry powder, curry leaves, garlic and ginger for 4 minutes.
- Add the meat and black pepper, cook for 10 minutes.
- Add the tomatoes, cloves, cinnamon, turmeric and salt and cook for 2 minutes.
- Add 1 1/2 cups of water and cook till the meat is almost cooked.
- Remove 1/2 cup of the gravy and set aside.
- Add the rice to the pan with just enough water to cook the rice, stir and cover the pot. Cook on low heat for about 18 mins till rice is cooked.

Serve garnished with the the onions, peas and raisins,and nuts, and the gravy on the side. A simple pineapple curry goes well with this dish, even the kids love it.

## Nutrition Facts



**PROTEIN 10.74%** **FAT 27.12%** **CARBS 62.14%**

### Properties

Glycemic Index:115.68, Glycemic Load:107.03, Inflammation Score:-10, Nutrition Score:43.996956317321%

### Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg

### Nutrients (% of daily need)

Calories: 1262.03kcal (63.1%), Fat: 38.23g (58.82%), Saturated Fat: 10.98g (68.6%), Carbohydrates: 197.1g (65.7%), Net Carbohydrates: 185.88g (67.59%), Sugar: 8.47g (9.41%), Cholesterol: 63.4mg (21.13%), Sodium: 337.32mg (14.67%), Alcohol: Og (100%), Protein: 34.06g (68.12%), Vitamin B3: 37.79mg (188.93%), Manganese: 3.59mg (179.47%), Vitamin C: 88.37mg (107.12%), Folate: 374.68µg (93.67%), Copper: 1.33mg (66.59%), Selenium: 43.78µg (62.54%), Phosphorus: 587.02mg (58.7%), Vitamin B6: 0.94mg (47%), Magnesium: 186.95mg (46.74%), Fiber: 11.23g (44.91%), Zinc: 5.54mg (36.92%), Iron: 6.39mg (35.51%), Vitamin K: 37.17µg (35.4%), Vitamin B1: 0.52mg (34.79%), Potassium: 1149.37mg (32.84%), Vitamin A: 1536.32IU (30.73%), Vitamin B5: 2.84mg (28.4%), Vitamin B2: 0.34mg (20.15%), Vitamin E: 2.83mg (18.9%), Calcium: 142.96mg (14.3%), Vitamin B12: 0.19µg (3.11%)