



Steve's Chicken Korma

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup tomatoes canned chopped
- 0.3 cup chicken stock see
- 0.5 teaspoon chili powder
- 2 tablespoons cooking oil
- 1 clove garlic minced
- 2 tablespoons ground almonds
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger

- 0.5 teaspoon ground pepper white
- 0.5 teaspoon ground turmeric
- 0.3 cup heavy cream
- 1 large onion chopped
- 0.3 cup yogurt plain
- 2 chicken breast halves boneless skinless cubed

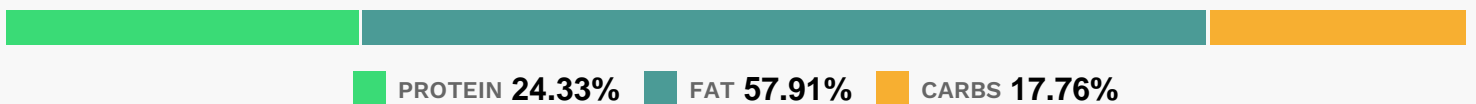
Equipment

- frying pan

Directions

- Heat the oil in a large skillet over medium heat.
- Combine the ginger, chili powder, cinnamon, turmeric, and pepper; stir into the hot oil and cook for 5 seconds.
- Add the onion and garlic; stir and cook until onions become transparent, about 7 minutes. Stir in the tomatoes and chicken, and cook until chicken is no longer pink, 5 to 8 minutes.
- Combine the chicken stock with the chicken-onion mixture; stir and cook 3 minutes. Stir in the almonds, cream, and yogurt; continue cooking 2 to 4 minutes.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:2.23, Inflammation Score:-9, Nutrition Score:11.994782551475%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg

Nutrients (% of daily need)

Calories: 250.64kcal (12.53%), Fat: 16.53g (25.44%), Saturated Fat: 4.81g (30.07%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 8.86g (3.22%), Sugar: 5.81g (6.45%), Cholesterol: 55.41mg (18.47%), Sodium: 183.84mg (7.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.63g (31.27%), Vitamin B3: 7.01mg (35.04%), Vitamin B6: 0.6mg (29.97%), Selenium: 20.07µg (28.67%), Phosphorus: 179.7mg (17.97%), Manganese: 0.34mg (17.12%), Vitamin E: 2.36mg (15.71%), Potassium: 513.44mg (14.67%), Vitamin C: 9.58mg (11.61%), Vitamin B5: 1.13mg (11.26%), Fiber: 2.55g (10.19%), Vitamin B2: 0.17mg (9.71%), Vitamin A: 457.05IU (9.14%), Magnesium: 35.97mg (8.99%), Vitamin K: 9.39µg (8.94%), Iron: 1.53mg (8.48%), Copper: 0.16mg (8.11%), Vitamin B1: 0.11mg (7.61%), Calcium: 74.26mg (7.43%), Zinc: 0.75mg (4.99%), Folate: 19.93µg (4.98%), Vitamin B12: 0.19µg (3.22%), Vitamin D: 0.31µg (2.07%)