



Tamarind Chili Chicken

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



2

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

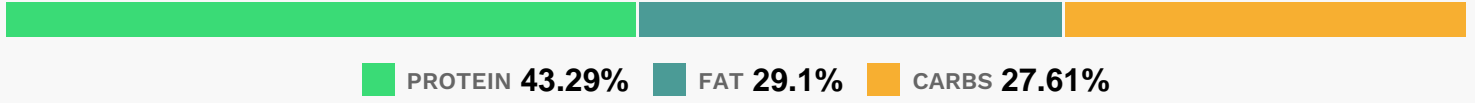
DINNER

Ingredients

- 10 ounce canned tomatoes diced chopped canned
- 1 tablespoon canola oil
- 2 chicken breast skinless chopped
- 1 tablespoon coriander seeds
- 8 medium to 2 chilies slit diced green
- 1 tablespoon mustard seeds
- 1 onion diced finely
- 1.5 teaspoons tamarind pulp

Equipment

Nutrition Facts



Properties

Glycemic Index:65, Glycemic Load:6, Inflammation Score:-8, Nutrition Score:33.559130434783%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg

Nutrients (% of daily need)

Calories: 483.42kcal (24.17%), Fat: 15.77g (24.27%), Saturated Fat: 2.02g (12.66%), Carbohydrates: 33.68g (11.23%), Net Carbohydrates: 22.12g (8.04%), Sugar: 16.97g (18.86%), Cholesterol: 144.64mg (48.21%), Sodium: 1053.93mg (45.82%), Protein: 52.8g (105.6%), Vitamin B3: 25.78mg (128.92%), Selenium: 85.61µg (122.31%), Vitamin B6: 2mg (99.83%), Phosphorus: 597.61mg (59.76%), Vitamin C: 42.52mg (51.54%), Fiber: 11.55g (46.22%), Potassium: 1437.06mg (41.06%), Vitamin B5: 3.73mg (37.34%), Magnesium: 126.04mg (31.51%), Manganese: 0.55mg (27.32%), Vitamin E: 3.72mg (24.81%), Vitamin B1: 0.35mg (23.26%), Iron: 3.86mg (21.42%), Copper: 0.41mg (20.31%), Vitamin B2: 0.34mg (20.24%), Zinc: 2.24mg (14.96%), Vitamin K: 13.62µg (12.97%), Folate: 47.56µg (11.89%), Calcium: 108.38mg (10.84%), Vitamin A: 376.94IU (7.54%), Vitamin B12: 0.45µg (7.53%), Vitamin D: 0.23µg (1.51%)