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Chicken Jalfarezi ♦

Chicken Jalfarezi is a popular Indian dish that originated in the Punjab region. It is a spicy and flavorful dish made with marinated chicken cooked with bell peppers, onions, and tomatoes. It is typically served with rice or naan bread.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Chicken
200 g	Bell peppers
150 g	onion
200 g	Tomatoes
30 ml	oil

10 g	Ginger
10 g	garlic
5 g	turmeric powder
5 g	coriander powder
5 g	cumin powder
5 g	red chili powder
5 g	salt
10 g	Cilantro
20 ml	lemon juice

Directions

Step 1

Marinating

Marinate the chicken with ginger, garlic, turmeric powder, coriander powder, cumin powder, red chili powder, salt, and lemon juice.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Sautéing

Heat oil in a pan and sauté the onions until golden brown.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Cooking

Add the marinated chicken and cook until it is no longer pink.

Prep Time: 5 mins

Cook Time: 15 mins

Step 4

Cooking

Add the bell peppers and tomatoes. Cook for another 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Garnishing

Garnish with cilantro and serve hot with rice or naan bread.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 30 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	20 mg	0.59%	0.77%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Indian Mexican

Course

Sauces & Dressings Breads

Meal Type

Breakfast Lunch Dinner Snack

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender Mixer Oven Stove Microwave

Difficulty Level

Medium

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