



WHATSheATE



Cashew Crusted Chicken



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce apricot preserves
- ☐ 1 cup cashew pieces coarsely chopped
- ☐ 1 teaspoon curry powder
- ☐ 0.3 cup mustard dijon-style prepared
- ☐ 4 chicken breast halves boneless skinless

Equipment

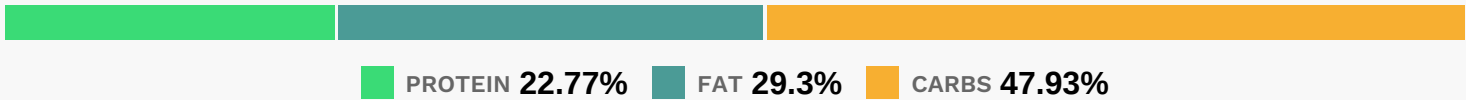
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Combine the preserves, mustard and curry powder in a large skillet and heat over low heat, stirring constantly, until preserves are completely melted and smooth.
- ☐ Place cashews in a shallow dish or bowl. Dip chicken breasts in skillet sauce, then roll in nuts to coat and place in a lightly greased 9x13 inch baking dish.
- ☐ Bake at 375 degrees F (190 degrees C) for 20 to 30 minutes. Boil any remaining sauce and serve on the side with the baked chicken.

Nutrition Facts



Properties

Glycemic Index:15.55, Glycemic Load:2.24, Inflammation Score:-6, Nutrition Score:21.464347911918%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 524.1kcal (26.2%), Fat: 17.83g (27.44%), Saturated Fat: 3.21g (20.06%), Carbohydrates: 65.62g (21.87%), Net Carbohydrates: 63.47g (23.08%), Sugar: 39.05g (43.39%), Cholesterol: 72.32mg (24.11%), Sodium: 340.42mg (14.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.19g (62.37%), Selenium: 49.66µg (70.94%), Vitamin B3: 12.26mg (61.32%), Vitamin B6: 1.01mg (50.72%), Phosphorus: 449.65mg (44.96%), Copper: 0.84mg (41.95%), Magnesium: 135.69mg (33.92%), Manganese: 0.67mg (33.55%), Potassium: 727.5mg (20.79%), Vitamin B5: 1.95mg (19.53%), Iron: 3.38mg (18.8%), Zinc: 2.69mg (17.94%), Vitamin B1: 0.24mg (15.96%), Vitamin K: 11.96µg (11.39%), Vitamin C: 9.12mg (11.06%), Vitamin B2: 0.16mg (9.53%), Fiber: 2.15g (8.62%), Vitamin E: 0.78mg (5.2%), Calcium: 46.79mg (4.68%), Vitamin A: 224.23IU (4.48%), Folate: 15.29µg (3.82%), Vitamin B12: 0.23µg (3.77%)