



Chicken Curry with Cashews

 Gluten Free

READY IN



300 min.

SERVINGS



6

CALORIES



623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes diced canned
- 0.3 pound cashew pieces
- 0.5 teaspoon ground pepper
- 3.5 pound chicken cut into 10 serving pieces
- 6 servings cilantro leaves fresh chopped
- 6 servings jasmine rice cooked
- 3 tablespoons curry powder
- 0.3 cup cilantro leaves fresh chopped

- 1 tablespoon ginger fresh peeled finely chopped
- 2 large garlic clove finely chopped
- 1 teaspoon ground cumin
- 2 cups onion finely chopped
- 2 teaspoons salt
- 0.8 cup yogurt plain
- 0.3 cup butter unsalted

Equipment

- food processor
- pot

Directions

- Heat butter in a 5- to 6-quart wide heavy pot over moderately low heat until foam subsides, then cook onions, garlic, and ginger, stirring, until softened, about 5 minutes.
- Add curry powder, salt, cumin, and cayenne and cook, stirring, 2 minutes.
- Add chicken and cook, stirring to coat, 3 minutes.
- Add tomatoes, including juice, and cilantro and bring to a simmer, then cover and simmer gently, stirring occasionally, until chicken is cooked through, about 40 minutes. (If making ahead, see cooks' note, below.)
- Pulse cashews in a food processor or electric coffee/spice grinder until very finely ground, then add to curry along with yogurt and simmer gently, uncovered, stirring, until sauce is thickened, about 5 minutes.
- Curry, without yogurt and cashews, can be made 5 days ahead and cooled completely, uncovered, then chilled, covered. Reheat over low heat before stirring in yogurt and ground cashews.

Nutrition Facts

 PROTEIN 21.15%  FAT 51.64%  CARBS 27.21%

Properties

Glycemic Index:58.37, Glycemic Load:27.88, Inflammation Score:-8, Nutrition Score:24.121304543122%

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: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.25mg, Quercetin: 11.25mg, Quercetin: 11.25mg, Quercetin: 11.25mg

Nutrients (% of daily need)

Calories: 622.63kcal (31.13%), Fat: 36.14g (55.6%), Saturated Fat: 12.03g (75.19%), Carbohydrates: 42.85g (14.28%), Net Carbohydrates: 38.56g (14.02%), Sugar: 8.93g (9.93%), Cholesterol: 116.2mg (38.73%), Sodium: 987.16mg (42.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.3g (66.6%), Manganese: 1.07mg (53.68%), Vitamin B3: 10.25mg (51.27%), Selenium: 30.55µg (43.65%), Phosphorus: 435.4mg (43.54%), Vitamin B6: 0.84mg (41.78%), Copper: 0.72mg (35.93%), Magnesium: 125.18mg (31.29%), Iron: 4.76mg (26.45%), Zinc: 3.89mg (25.92%), Potassium: 820.01mg (23.43%), Vitamin B5: 2.1mg (21.03%), Vitamin B1: 0.28mg (18.4%), Vitamin B2: 0.31mg (18.37%), Vitamin K: 18.46µg (17.58%), Fiber: 4.29g (17.16%), Vitamin C: 13.72mg (16.64%), Vitamin E: 2.41mg (16.08%), Calcium: 148.32mg (14.83%), Vitamin A: 719.67IU (14.39%), Folate: 43.18µg (10.79%), Vitamin B12: 0.6µg (9.94%), Vitamin D: 0.4µg (2.64%)