



Chicken Pasanda

READY IN



45 min.

SERVINGS



6

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons cashew pieces chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons ginger fresh peeled chopped
- ☐ 0.8 teaspoon ground cardamom
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 2.5 teaspoons ground coriander seeds
- ☐ 2 jalapeño peppers seeded

- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 cups yogurt plain low-fat
- ☐ 1 cup onion coarsely chopped
- ☐ 1 cup pineapple fresh cubed
- ☐ 4 6-inch pitas cut into 6 wedges ()
- ☐ 0.5 cup roasted cashews
- ☐ 1 teaspoon salt divided
- ☐ 24 ounce chicken breast halves boneless skinless cut into thirds
- ☐ 2 teaspoons vegetable oil

Equipment

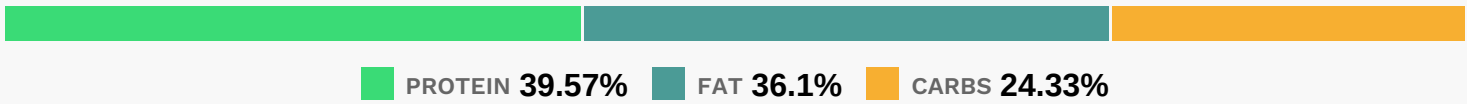
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ ziploc bags

Directions

- ☐ Place 1/2 cup cashews in a food processor; process until smooth (about 2 minutes), scraping sides of bowl once.
- ☐ Add yogurt; process until well blended.
- ☐ Remove from processor; set aside.
- ☐ Combine onion, juice, ginger, and jalapeo in a blender or food processor; process until finely chopped.
- ☐ Combine coriander and next 4 ingredients (coriander through cloves) in a large zip-top plastic bag; add 1/2 teaspoon salt and chicken. Seal bag and shake to coat.
- ☐ Heat oil in a large nonstick skillet over medium-high heat; add chicken pieces. Cook 4 minutes on each side or until done.
- ☐ Remove chicken from pan; keep warm.

- ☐
- Add onion mixture to pan. Reduce heat to medium; cook 3 minutes or until liquid evaporates, stirring frequently.
- ☐
- Add 1/2 teaspoon salt and yogurt mixture to pan; cook 3 minutes or until heated, stirring frequently.
- ☐
- Spoon 1/2 cup yogurt mixture onto each of 6 plates. Top each serving with 3 chicken pieces.
- ☐
- Sprinkle each serving with about 2 1/2 tablespoons pineapple, 1 teaspoon chopped cashews, and 1 teaspoon cilantro. Arrange 4 pita wedges on each plate.

Nutrition Facts



Properties

Glycemic Index:54.81, Glycemic Load:3.15, Inflammation Score:-6, Nutrition Score:21.78086966017%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 314.21kcal (15.71%), Fat: 12.77g (19.65%), Saturated Fat: 3.04g (18.99%), Carbohydrates: 19.37g (6.46%), Net Carbohydrates: 17.23g (6.27%), Sugar: 10.86g (12.06%), Cholesterol: 77.47mg (25.82%), Sodium: 584.66mg (25.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.5g (63.01%), Vitamin B3: 12.41mg (62.07%), Selenium: 41.43µg (59.19%), Vitamin B6: 1.03mg (51.27%), Phosphorus: 449.27mg (44.93%), Manganese: 0.68mg (33.79%), Vitamin C: 27.01mg (32.74%), Vitamin B5: 2.4mg (23.98%), Magnesium: 95.25mg (23.81%), Potassium: 816.89mg (23.34%), Copper: 0.43mg (21.59%), Vitamin B2: 0.34mg (19.93%), Calcium: 184.28mg (18.43%), Zinc: 2.39mg (15.92%), Vitamin B1: 0.19mg (12.6%), Vitamin B12: 0.68µg (11.4%), Iron: 1.8mg (9.97%), Vitamin K: 10.29µg (9.8%), Folate: 36.1µg (9.03%), Fiber: 2.14g (8.56%), Vitamin E: 0.72mg (4.77%), Vitamin A: 153.85IU (3.08%)