



Cilantro Chutney Chicken

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



606 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 jalapeño chile pepper seeds removed
- ☐ 1 bunch cilantro leaves fresh
- ☐ 2 teaspoons ginger root fresh minced
- ☐ 2 teaspoons garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup heavy whipping cream
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup ground cashews unsalted

- ☐ 4 servings salt to taste
- ☐ 3 pound meat from a rotisserie chicken whole cut into pieces

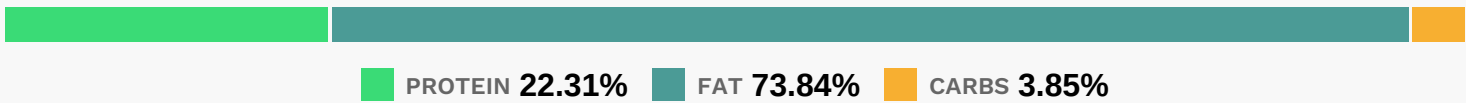
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Remove and discard the skin from the chicken. Wash parts and pat dry.
- ☐ Combine the garlic and ginger and rub over the chicken.
- ☐ Place the chicken parts in a 9x13 inch baking dish, cover with foil and set aside.
- ☐ Meanwhile, place the cilantro, cumin, jalapeno chile pepper and lemon juice in a blender and puree until smooth, adding some water if necessary. Set this aside for later. In a separate small bowl, combine the cashews with the cream.
- ☐ Mix well and pour over the chicken.
- ☐ Bake chicken at 350 degrees F (175 degrees C) for 30 minutes, or until chicken releases its juices. Then bake, uncovered for 15 more minutes, allowing the liquid in the dish to thicken slightly to a gravy.
- ☐ Remove from oven and combine the gravy in the dish with the reserved cilantro chutney.
- ☐ Mix this well and serve over the chicken.

Nutrition Facts



Properties

Glycemic Index:34.8, Glycemic Load:0.76, Inflammation Score:-7, Nutrition Score:16.935652318208%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 606kcal (30.3%), Fat: 49.77g (76.58%), Saturated Fat: 21.37g (133.55%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 5.29g (1.92%), Sugar: 2.61g (2.9%), Cholesterol: 189.7mg (63.23%), Sodium: 327.45mg (14.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.83g (67.67%), Vitamin B3: 11.34mg (56.72%), Selenium: 27.19µg (38.84%), Vitamin B6: 0.67mg (33.47%), Phosphorus: 329.96mg (33%), Vitamin A: 1282.89IU (25.66%), Vitamin B2: 0.32mg (19%), Zinc: 2.81mg (18.75%), Vitamin B5: 1.75mg (17.51%), Magnesium: 64.5mg (16.13%), Copper: 0.28mg (14.02%), Iron: 2.48mg (13.79%), Vitamin C: 11.16mg (13.53%), Vitamin K: 14µg (13.34%), Potassium: 464.33mg (13.27%), Manganese: 0.22mg (11.12%), Vitamin B1: 0.15mg (10.33%), Vitamin B12: 0.6µg (10.02%), Vitamin E: 1.32mg (8.78%), Vitamin D: 1.28µg (8.52%), Calcium: 70.08mg (7.01%), Folate: 18.08µg (4.52%), Fiber: 0.55g (2.19%)