



## Fragrant Chicken in Creamy Almond Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



327 kcal

SAUCE

### Ingredients

- ☐ 5 bay leaves
- ☐ 6 sticks cinnamon 3-inch
- ☐ 2 teaspoons curry powder
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 1 teaspoon flour all-purpose
- ☐ 6 garlic cloves minced
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground turmeric
- ☐ 1 tablespoon olive oil

- ☐ 1.5 cups onion finely chopped
- ☐ 0.3 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 2.5 pounds skinned cut into 1-inch pieces
- ☐ 0.3 cup slivered almonds toasted
- ☐ 2 tablespoons slivered almonds toasted
- ☐ 0.3 cup cup heavy whipping cream fat-free sour
- ☐ 0.5 teaspoon sugar

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

## Directions

- ☐ Heat the oil in a large nonstick skillet over medium heat.
- ☐ Add 6 cinnamon sticks and bay leaves. Cook 2 minutes or until fragrant.
- ☐ Add onion and garlic; saut 5 minutes or until tender.
- ☐ Add the curry powder, turmeric, salt, and cardamom.
- ☐ Add chicken and broth; bring to a boil. Cover, reduce heat, and simmer 35 minutes or until chicken is tender.
- ☐ Remove the chicken from pan with a slotted spoon. Cook remaining liquid in pan over low heat 5 minutes.
- ☐ Combine sour cream, flour, and sugar in a small bowl; stir in 1/2 cup hot liquid.
- ☐ Add the sour cream mixture to pan, stirring until smooth. Return chicken to pan; stir in ground almonds. Cook 5 minutes or until thick, stirring frequently.
- ☐ Sprinkle with bell pepper. Discard the cinnamon sticks and bay leaves.
- ☐ Sprinkle with slivered almonds; garnish with cinnamon sticks, if desired.

## Nutrition Facts



 **PROTEIN 53.09%**  **FAT 31.6%**  **CARBS 15.31%**

Properties

Glycemic Index:45.68, Glycemic Load:1.76, Inflammation Score:-9, Nutrition Score:25.947391250859%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 327.08kcal (16.35%), Fat: 11.45g (17.62%), Saturated Fat: 1.75g (10.94%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 8.43g (3.06%), Sugar: 2.94g (3.27%), Cholesterol: 121.82mg (40.61%), Sodium: 584.65mg (25.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.29g (86.57%), Vitamin B3: 20.46mg (102.31%), Selenium: 63.12µg (90.18%), Vitamin B6: 1.56mg (78.04%), Manganese: 1.01mg (50.42%), Phosphorus: 471.8mg (47.18%), Vitamin B5: 2.88mg (28.83%), Potassium: 899.7mg (25.71%), Vitamin C: 17.07mg (20.69%), Vitamin E: 3.07mg (20.5%), Magnesium: 81.85mg (20.46%), Vitamin B2: 0.33mg (19.27%), Fiber: 4.07g (16.26%), Vitamin B1: 0.18mg (11.86%), Zinc: 1.63mg (10.87%), Iron: 1.85mg (10.27%), Calcium: 99mg (9.9%), Copper: 0.19mg (9.3%), Vitamin B12: 0.48µg (8.04%), Vitamin A: 363.51IU (7.27%), Folate: 26µg (6.5%), Vitamin K: 4.18µg (3.98%), Vitamin D: 0.19µg (1.26%)