



Indian Cashew Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup cashew pieces toasted
- ☐ 1 stick cinnamon sticks (2-inch)
- ☐ 2 cups fat-free less-sodium chicken broth fat-free
- ☐ 0.7 cup fat-free yogurt fat-free greek-style
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 1.3 teaspoons garam masala
- ☐ 2 garlic cloves chopped
- ☐ 2 green cardamom pods green crushed

- ☐ 1 teaspoon ground coriander
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 tablespoons half n half
- ☐ 1 teaspoon hungarian paprika sweet
- ☐ 2.8 cups onion finely chopped (2 large)
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce skinless boneless chicken breasts boneless skinless cut into bite-sized pieces
- ☐ 4 skinless boneless chicken thighs boneless skinless cut into bite-sized pieces (14 ounces)
- ☐ 0.3 cup tomato paste
- ☐ 1 cup tomato purée organic (such as Muir Glen)
- ☐ 2 tablespoons white vinegar white

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ dutch oven

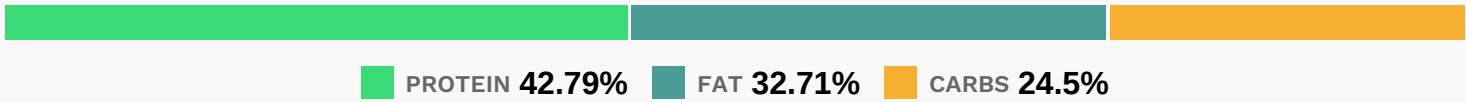
Directions

- ☐ Combine first 9 ingredients in a blender or food processor; process until smooth.
- ☐ Combine nut mixture and chicken in a large bowl; cover and refrigerate 3 hours or overnight.
- ☐ Heat a large Dutch oven over medium-low heat. Coat pan with cooking spray.
- ☐ Add onion, cardamom, and cinnamon stick to pan; cover and cook 10 minutes or until onion is golden, stirring often.
- ☐ Add chicken mixture to pan; cook 10 minutes, stirring frequently. Stir in broth, tomato puree, paprika, and salt, scraping pan to loosen browned bits. Cook 1 hour or until thick. Stir in half-and-half; cook 1 minute, stirring occasionally.
- ☐ Remove from heat. Discard cinnamon stick.

☐

Garnish with fresh cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:41.53, Glycemic Load:3.35, Inflammation Score:0, Nutrition Score:25.675217587015%

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: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 16.7mg, Quercetin: 16.7mg, Quercetin: 16.7mg, Quercetin: 16.7mg

Nutrients (% of daily need)

Calories: 348.11kcal (17.41%), Fat: 12.81g (19.71%), Saturated Fat: 2.95g (18.46%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 17.72g (6.44%), Sugar: 9.97g (11.08%), Cholesterol: 123.12mg (41.04%), Sodium: 690.92mg (30.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.71g (75.42%), Selenium: 48.51µg (69.3%), Vitamin B3: 13.84mg (69.18%), Vitamin B6: 1.18mg (58.97%), Phosphorus: 496.57mg (49.66%), Manganese: 0.8mg (40.16%), Potassium: 1098.78mg (31.39%), Copper: 0.61mg (30.28%), Magnesium: 111.64mg (27.91%), Vitamin B5: 2.71mg (27.08%), Vitamin B2: 0.39mg (22.98%), Zinc: 3.18mg (21.17%), Iron: 3.53mg (19.59%), Vitamin C: 14.3mg (17.33%), Vitamin B1: 0.25mg (16.94%), Vitamin B12: 0.96µg (16.08%), Fiber: 3.88g (15.5%), Vitamin E: 1.88mg (12.56%), Vitamin A: 626.31IU (12.53%), Calcium: 123.88mg (12.39%), Vitamin K: 11µg (10.48%), Folate: 34.19µg (8.55%)