



Indian Cashew Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- ☐ 1 teaspoon ground coriander
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 tablespoons half-and-half
- ☐ 1 teaspoon hungarian paprika sweet
- ☐ 2.8 cups onion finely chopped (2 large)
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce chicken breasts boneless skinless cut into bite-sized pieces
- ☐ 4 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 vinegar white

Equipment

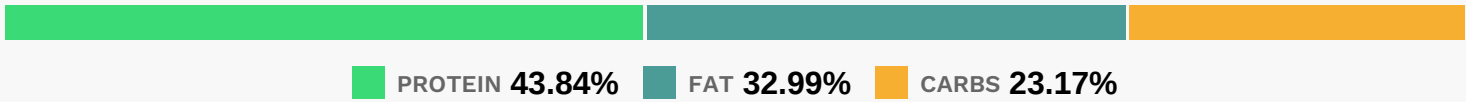
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ dutch oven

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:-8, Nutrition Score:25.362173785334%

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: 346.47kcal (17.32%), Fat: 12.86g (19.78%), Saturated Fat: 2.95g (18.42%), Carbohydrates: 20.31g (6.77%), Net Carbohydrates: 16.43g (5.98%), Sugar: 8.62g (9.58%), Cholesterol: 123.69mg (41.23%), Sodium: 677.96mg (29.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.44g (76.89%), Selenium: 49.73µg (71.04%), Vitamin B3: 13.86mg (69.28%), Vitamin B6: 1.18mg (59.05%), Phosphorus: 484.16mg (48.42%), Manganese: 0.79mg (39.74%), Potassium: 1061.27mg (30.32%), Copper: 0.6mg (30.22%), Magnesium: 108.89mg (27.22%), Vitamin B5: 2.61mg (26.06%), Vitamin B2: 0.39mg (22.95%), Zinc: 3.03mg (20.21%), Iron: 3.52mg (19.53%), Vitamin C: 14.12mg (17.12%), Vitamin B1: 0.25mg (16.41%), Vitamin B12: 0.95µg (15.91%), Fiber: 3.88g (15.51%), Vitamin A: 659.51IU (13.19%), Vitamin E: 1.91mg (12.74%), Vitamin K: 10.88µg (10.36%), Calcium: 94.13mg (9.41%), Folate: 32.56µg (8.14%)