



Indian Spiced Chicken

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup almonds toasted chopped
- ☐ 1 cup rice
- ☐ 0.5 teaspoon pepper black
- ☐ 2 carrots diced
- ☐ 1 clove garlic finely chopped
- ☐ 1 tablespoon ginger finely grated
- ☐ 0.5 cup golden raisins
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 1.5 teaspoons kosher salt
- ☐ 2.3 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil plus more for the dish
- ☐ 0.5 cup yogurt plain
- ☐ 1.5 pounds chicken thighs boneless skinless
- ☐ 1 medium onion yellow thinly sliced

Equipment

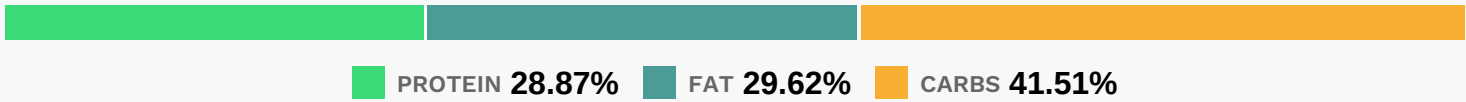
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Heat oven to 400 F. Rinse the chicken thighs and pat dry.
- ☐ Cut each thigh in half. Season the pieces with 1/2 teaspoon of the salt and 1/4 teaspoon of the pepper.
- ☐ Heat the oil in a large Dutch oven or skillet over medium-high heat.
- ☐ Add the chicken and cook until browned, about 5 minutes per side.
- ☐ Transfer to a plate.
- ☐ Add the onion, carrots, and garlic and cook for 1 minute.
- ☐ Pour in the broth and cook, stirring and scraping the bottom of the pan, for 1 minute.
- ☐ Add the cinnamon, ginger, and the remaining salt and pepper. Bring to a boil.
- ☐ Remove from heat and whisk in the yogurt. Stir in the raisins, almonds, rice, and browned chicken.
- ☐ Transfer to an oiled 8-by-11-inch baking dish or 2-quart casserole. If using the phyllo, butter the tops of 6 sheets, stack them on top of one another, and place on the casserole, molding to fit. If not using the phyllo, cover the casserole with foil.

Bake until golden, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:47.28, Glycemic Load:21.24, Inflammation Score:-9, Nutrition Score:21.872608350671%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.23mg, Isorhamnetin: 1.23mg, Isorhamnetin: 1.23mg, Isorhamnetin: 1.23mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 417.17kcal (20.86%), Fat: 13.85g (21.31%), Saturated Fat: 2.22g (13.86%), Carbohydrates: 43.67g (14.56%), Net Carbohydrates: 40.3g (14.65%), Sugar: 11.16g (12.4%), Cholesterol: 108.14mg (36.05%), Sodium: 742.76mg (32.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.38g (60.76%), Vitamin A: 3427.22IU (68.54%), Selenium: 31.8µg (45.42%), Vitamin B3: 8.87mg (44.35%), Phosphorus: 391.24mg (39.12%), Manganese: 0.77mg (38.26%), Vitamin B6: 0.69mg (34.45%), Vitamin B2: 0.47mg (27.48%), Vitamin E: 3.78mg (25.23%), Potassium: 720.34mg (20.58%), Magnesium: 80.21mg (20.05%), Vitamin B5: 1.96mg (19.63%), Zinc: 2.85mg (19.01%), Copper: 0.37mg (18.48%), Vitamin B12: 0.94µg (15.65%), Fiber: 3.38g (13.5%), Vitamin B1: 0.18mg (12.15%), Iron: 2.17mg (12.07%), Calcium: 115.44mg (11.54%), Vitamin K: 8.25µg (7.86%), Folate: 22.58µg (5.65%), Vitamin C: 3.34mg (4.05%)