



Indian-Spiced Chicken and Spinach

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup tomatoes canned crushed drained
- 1 cinnamon sticks
- 2 tablespoons cooking oil
- 1 tablespoon ginger fresh chopped
- 20 ounces pkt spinach frozen thawed chopped
- 3 cloves garlic chopped
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin

- 0.5 cup heavy cream
- 2 jalapeño peppers minced
- 1 onion chopped
- 0.5 teaspoon paprika
- 1.5 teaspoons salt
- 4 chicken breasts boneless skinless cut into 3 pieces each ()
- 0.5 teaspoon turmeric
- 1.5 cups water

Equipment

- frying pan

Directions

- In a large frying pan, heat the oil over moderately low heat.
- Add the onion and cook until starting to soften, about 3 minutes.
- Add the garlic and ginger and cook, stirring occasionally, for 2 minutes longer. Stir in the cumin, coriander, turmeric, paprika, and 1 teaspoon of the salt. Cook until the spices are fragrant, about 1 minute, and then stir in the jalapeos and tomatoes.
- Add the cream, cinnamon stick, and water. Squeeze the spinach to remove excess liquid and add the spinach to the pan. Bring to a simmer. Cover the pan, reduce the heat, and simmer for 5 minutes.
- Stir in the chicken and the remaining 12 teaspoon salt, cover, and simmer the stew until just done, about 10 minutes.
- Remove the cinnamon stick before serving.
- Menu Suggestions: Indian basmati rice would be an ideal accompaniment here, but plain white rice will work well, too.
- Wine Recommendation: An off-dry chenin blanc from California or a chenin-blanc-based French Vouvray (look for a demi-sec) will be lovely with the aromatic cream sauce. The acidity of these wines and their melon and apricot notes are perfect foils for the exotic stew.

Nutrition Facts



■ PROTEIN 32.48% ■ FAT 51.6% ■ CARBS 15.92%

Properties

Glycemic Index:43, Glycemic Load:1.57, Inflammation Score:-10, Nutrition Score:38.856956450836%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 373.52kcal (18.68%), Fat: 22.26g (34.25%), Saturated Fat: 8.14g (50.9%), Carbohydrates: 15.45g (5.15%), Net Carbohydrates: 8.73g (3.18%), Sugar: 4.71g (5.24%), Cholesterol: 105.94mg (35.31%), Sodium: 1165.66mg (50.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.53g (63.06%), Vitamin K: 537.11µg (511.53%), Vitamin A: 17378.57IU (347.57%), Manganese: 1.41mg (70.34%), Selenium: 46.7µg (66.71%), Vitamin B3: 13.19mg (65.94%), Vitamin B6: 1.26mg (62.84%), Folate: 222.97µg (55.74%), Vitamin E: 6.62mg (44.1%), Magnesium: 160.92mg (40.23%), Phosphorus: 362.14mg (36.21%), Potassium: 1157.86mg (33.08%), Vitamin B2: 0.53mg (31.18%), Vitamin C: 23.72mg (28.75%), Iron: 5.08mg (28.22%), Fiber: 6.72g (26.87%), Calcium: 265.77mg (26.58%), Vitamin B5: 1.99mg (19.86%), Copper: 0.36mg (18.21%), Vitamin B1: 0.27mg (17.89%), Zinc: 1.87mg (12.47%), Vitamin B12: 0.27µg (4.56%), Vitamin D: 0.59µg (3.93%)