



## Indian-Spiced Chicken with Tomato and Cream

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.8 teaspoon ground pepper
- ☐ 6 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs with thighs; 3 pounds)
- ☐ 2 teaspoons garam masala
- ☐ 4 garlic clove finely grated
- ☐ 0.8 teaspoon ground cardamom
- ☐ 1.5 teaspoons ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 2 teaspoons turmeric

- ☐ 0.5 cup cup heavy whipping cream
- ☐ 6 servings pepper freshly ground
- ☐ 8 cups chicken broth low-sodium
- ☐ 1 medium onion finely chopped
- ☐ 2 tablespoons tomato paste
- ☐ 0.8 cup canned tomatoes canned
- ☐ 3 tablespoons ghee (clarified butter)
- ☐ 6 servings yogurt plain fresh cooked (for serving)
- ☐ 1 pound yukon gold potatoes thick sliced

## Equipment

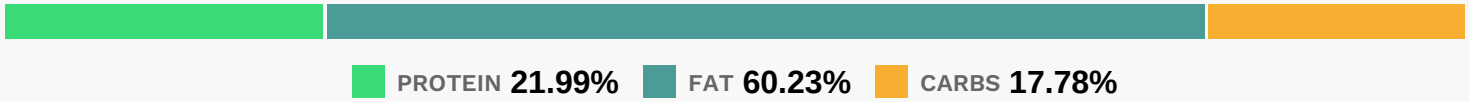
- ☐ bowl
- ☐ pot
- ☐ dutch oven

## Directions

- ☐ Heat ghee in a large Dutch oven over medium heat. Season chicken with salt and pepper. Working in batches, cook chicken, skin side down, until golden brown (do not turn), 8–10 minutes.
- ☐ Transfer to a plate.
- ☐ Add onion, garlic, and ginger to pot and cook, stirring occasionally, until onion is very soft and golden brown, 8–10 minutes.
- ☐ Add tomato paste, garam masala, cumin, turmeric, coriander, cayenne, and cardamom and cook, stirring often, until tomato paste is beginning to darken, about 4 minutes.
- ☐ Add chicken, broth, tomato purée, and cream to pot; season with salt and pepper. Bring to a boil, reduce heat, and simmer, partially covered, skimming occasionally, until chicken is almost falling off the bone and liquid is slightly thickened, 1 1/2–2 hours.
- ☐ Add potatoes to pot and cook, partially covered, until potatoes are fork-tender, chicken is falling off the bone, and liquid is thick enough to coat a spoon, 30–45 minutes.
- ☐ Remove skin and bones from chicken, if desired, and return meat to pot; season stew with salt and pepper.

- ☐
- Divide stew among bowls, top withyogurt and mint, and serve with naan,flatbread, or rice.
- ☐
- DO AHEAD: Stew can be made 3 daysahead.
- ☐
- Let cool; cover and chill.

## Nutrition Facts



## Properties

Glycemic Index:53.63, Glycemic Load:11.28, Inflammation Score:-10, Nutrition Score:19.982608504917%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

## Nutrients (% of daily need)

Calories: 553.18kcal (27.66%), Fat: 37.74g (58.07%), Saturated Fat: 15.51g (96.92%), Carbohydrates: 25.07g (8.36%), Net Carbohydrates: 21.55g (7.84%), Sugar: 4.47g (4.96%), Cholesterol: 161.54mg (53.85%), Sodium: 298.39mg (12.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.01g (62.02%), Vitamin B3: 11.89mg (59.44%), Vitamin B6: 0.8mg (39.85%), Phosphorus: 380.59mg (38.06%), Selenium: 25.09µg (35.85%), Potassium: 1092.53mg (31.22%), Vitamin C: 21.78mg (26.4%), Vitamin B2: 0.38mg (22.24%), Manganese: 0.44mg (21.84%), Copper: 0.42mg (20.99%), Iron: 3.65mg (20.27%), Zinc: 2.76mg (18.41%), Vitamin B12: 1.07µg (17.86%), Vitamin B5: 1.69mg (16.86%), Magnesium: 63.64mg (15.91%), Fiber: 3.52g (14.07%), Vitamin B1: 0.2mg (13.66%), Vitamin A: 672.52IU (13.45%), Vitamin E: 1.21mg (8.03%), Calcium: 80.34mg (8.03%), Vitamin K: 7.84µg (7.47%), Folate: 26.84µg (6.71%), Vitamin D: 0.45µg (2.98%)