



Indian-Spiced Chicken with Tomato and Cream

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon cayenne pepper
- ☐ 6 chicken legs with thighs; 3 pounds)
- ☐ 2 teaspoons garam masala
- ☐ 4 garlic cloves finely grated
- ☐ 2 tablespoons ginger finely grated peeled
- ☐ 0.8 teaspoon ground cardamom
- ☐ 1.5 teaspoons ground coriander
- ☐ 2 teaspoons ground cumin

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

Equipment

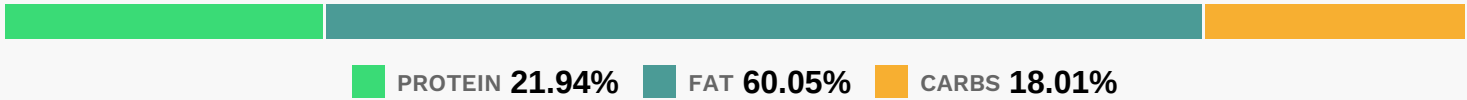
- ☐ bowl
- ☐ pot
- ☐ dutch oven

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 with yogurt and mint, and serve with naan, flatbread, or rice.
- ☐ DO AHEAD: Stew can be made 3 days ahead.
- ☐ Let cool; cover and chill.

Nutrition Facts



Properties

Glycemic Index:56.13, Glycemic Load:11.34, Inflammation Score:-10, Nutrition Score:20.077391272006%

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: 555.05kcal (27.75%), Fat: 37.76g (58.09%), Saturated Fat: 15.51g (96.94%), Carbohydrates: 25.49g (8.5%), Net Carbohydrates: 21.92g (7.97%), Sugar: 4.51g (5.01%), Cholesterol: 161.54mg (53.85%), Sodium: 298.7mg (12.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.05g (62.1%), Vitamin B3: 11.91mg (59.53%), Vitamin B6: 0.8mg (40.04%), Phosphorus: 381.39mg (38.14%), Selenium: 25.11µg (35.87%), Potassium: 1102.21mg (31.49%), Vitamin C: 21.9mg (26.54%), Vitamin B2: 0.38mg (22.29%), Manganese: 0.44mg (22.11%), Copper: 0.43mg (21.25%), Iron: 3.66mg (20.35%), Zinc: 2.77mg (18.46%), Vitamin B12: 1.07µg (17.86%), Vitamin B5: 1.69mg (16.91%), Magnesium: 64.65mg (16.16%), Fiber: 3.57g (14.26%), Vitamin B1: 0.21mg (13.7%), Vitamin A: 672.52IU (13.45%), Vitamin E: 1.21mg (8.08%), Calcium: 80.71mg (8.07%), Vitamin K: 7.85µg (7.47%), Folate: 27.09µg (6.77%), Vitamin D: 0.45µg (2.98%)