



## Lemon Cashew Chicken Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 tablespoons butter
- 6 servings cashew pieces chopped
- 4 cups chicken meat dark shredded white (from one)
- 1 teaspoon coriander seeds
- 1 teaspoon cumin seeds
- 0.5 cup cilantro leaves fresh chopped
- 3 tablespoons ginger fresh minced
- 0.3 cup milk greek strained yogurt whole low-fat

- 0.5 cup green onions chopped
- 1 tbsp jalapeño chile finely chopped
- 3 medium lemons
- 0.3 cup mayonnaise
- 0.5 teaspoon salt

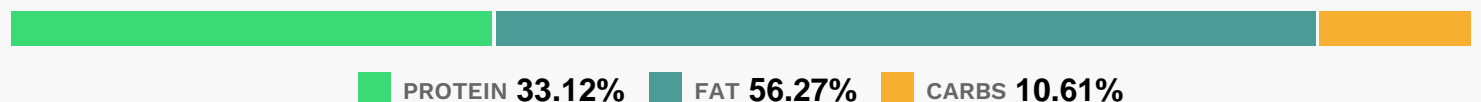
## Equipment

- bowl
- frying pan

## Directions

- In a medium frying pan over low heat, toast cumin and coriander seeds until fragrant, 3 to 5 minutes.
- Transfer seeds to a spice grinder and process until finely ground. Zest lemons and set aside zest. Juice 1 lemon and set aside 3 tbsp. juice.
- Melt butter in the frying pan over medium heat.
- Add ginger, jalapeo, and salt. Cook until jalapeo is soft, 3 to 5 minutes.
- Remove from heat and set aside.
- In a large bowl, stir together mayonnaise, yogurt, lemon zest, lemon juice, ginger-jalapeo mixture, and ground spices.
- Add cilantro, green onions, and chicken; stir to coat well with dressing. Taste and adjust seasonings as needed.
- Sprinkle with cashews and serve.

## Nutrition Facts



## Properties

Glycemic Index:44.45, Glycemic Load:3.22, Inflammation Score:-6, Nutrition Score:13.973913163595%

## Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

## Nutrients (% of daily need)

Calories: 597.01kcal (29.85%), Fat: 38.58g (59.36%), Saturated Fat: 9.07g (56.66%), Carbohydrates: 16.37g (5.46%), Net Carbohydrates: 13.3g (4.84%), Sugar: 3.96g (4.4%), Cholesterol: 164.72mg (54.91%), Sodium: 854.46mg (37.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.1g (102.19%), Vitamin K: 52.63µg (50.12%), Vitamin C: 33.93mg (41.13%), Copper: 0.71mg (35.4%), Manganese: 0.56mg (28.1%), Magnesium: 99.56mg (24.89%), Phosphorus: 213.69mg (21.37%), Iron: 2.81mg (15.63%), Zinc: 1.93mg (12.89%), Fiber: 3.07g (12.28%), Selenium: 7.81µg (11.16%), Vitamin B1: 0.16mg (10.84%), Potassium: 352.41mg (10.07%), Vitamin B6: 0.2mg (10.06%), Vitamin E: 1.03mg (6.87%), Vitamin A: 312.12IU (6.24%), Folate: 22.2µg (5.55%), Calcium: 52.65mg (5.26%), Vitamin B5: 0.45mg (4.53%), Vitamin B2: 0.08mg (4.52%), Vitamin B3: 0.54mg (2.68%), Vitamin B12: 0.1µg (1.64%)