



Spicy Garlic Cashew Chicken



Gluten Free



Dairy Free



Popular

READY IN



55 min.

SERVINGS



4

CALORIES



969 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup roasted cashew nuts unsalted salted (or)
- ☐ 6 Tbsp cilantro leaves roughly chopped (leaves and stems)
- ☐ 0.3 cup olive oil extra virgin
- ☐ 4 garlic cloves roughly chopped
- ☐ 2 tablespoons soya sauce gluten-free for version (use)
- ☐ 2 teaspoons brown sugar
- ☐ 1 to 2 jalapeño peppers roughly chopped
- ☐ 1 Tbsp juice of lime for garnish

- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 3 pounds skin-on chicken thighs bone-in

Equipment

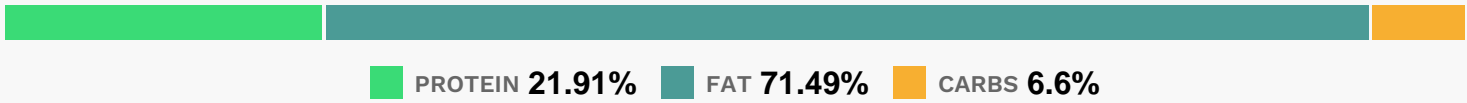
- ☐ food processor
- ☐ knife
- ☐ blender
- ☐ grill
- ☐ kitchen thermometer
- ☐ broiler
- ☐ grill pan

Directions

- ☐ Make the spicy cashew paste: In a food processor or blender, add the cashews, cilantro, olive oil, garlic, soy sauce, brown sugar, jalapeño, lime juice, and 2 tablespoons of water.
- ☐ Pulse or blend until the mixture is a smooth paste.
- ☐ Add salt and pepper to taste.
- ☐ Reserve a third of the marinade for serving with the chicken. Use the rest for coating the chicken.
- ☐ Coat chicken with the cashew paste:
- ☐ Sprinkle the chicken thighs all over with salt and pepper. Coat the chicken pieces with the marinade.
- ☐ At this point if you want, you can make ahead, and chill for several hours or overnight until ready to cook. Bring to room temperature before cooking.
- ☐ Grill or broil the chicken: Preheat broiler or prepare grill (or grill pan) for medium direct heat.
- ☐ Broil or grill chicken, turning frequently, until golden and crisp and a meat thermometer reads 165°F when inserted into the thickest part of the thigh (not touching a bone), or when the juices run clear (not pink) when cut into with a knife.
- ☐ This will take about 25 to 35 minutes for a grill on medium heat, or about 10–20 minutes under a broiler, depending on how far the chicken is from the heat.

- ☐
- Note that as you turn the pieces, some of the coating will fall off. It's to be expected, so don't worry if and when this happens.
- ☐
- Serve with lime wedges, reserved marinade, and cilantro.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:0.49, Inflammation Score:-6, Nutrition Score:28.92695657585%

Flavonoids

Hesperetin: 1.59mg, Hesperetin: 1.59mg, Hesperetin: 1.59mg, Hesperetin: 1.59mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 969.19kcal (48.46%), Fat: 77.47g (119.19%), Saturated Fat: 17.96g (112.24%), Carbohydrates: 16.08g (5.36%), Net Carbohydrates: 14.67g (5.34%), Sugar: 4.05g (4.5%), Cholesterol: 283.38mg (94.46%), Sodium: 732.69mg (31.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.42g (106.84%), Selenium: 58.64µg (83.77%), Vitamin B3: 14.35mg (71.74%), Phosphorus: 643.1mg (64.31%), Vitamin B6: 1.15mg (57.65%), Copper: 0.94mg (46.83%), Zinc: 5.62mg (37.47%), Magnesium: 149.6mg (37.4%), Vitamin B5: 3.43mg (34.33%), Vitamin B12: 1.85µg (30.84%), Vitamin B2: 0.47mg (27.74%), Vitamin K: 28.83µg (27.46%), Iron: 4.4mg (24.44%), Potassium: 837.11mg (23.92%), Manganese: 0.44mg (22.23%), Vitamin E: 3.02mg (20.12%), Vitamin B1: 0.3mg (19.79%), Folate: 35.67µg (8.92%), Vitamin C: 6.32mg (7.67%), Vitamin A: 306.43IU (6.13%), Fiber: 1.41g (5.62%), Calcium: 50.06mg (5.01%), Vitamin D: 0.29µg (1.93%)