



Yogurt-Braised Chicken with Cashews and Raisins

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons pepper black freshly ground
- ☐ 1 teaspoon cayenne pepper
- ☐ 3 pound best-of-fryer chicken (8 pieces)
- ☐ 5 tablespoons ghee
- ☐ 1.5 tablespoons coarse kosher salt
- ☐ 1.5 teaspoons ground cardamom divided
- ☐ 2 teaspoons ground cinnamon

- ☐ 4 teaspoons ground cumin divided
- ☐ 0.3 cup juice of lemon fresh
- ☐ 4 cups yogurt plain
- ☐ 12 ounces raisins divided
- ☐ 5 ounces cashew pieces raw
- ☐ 1.5 cups water hot

Equipment

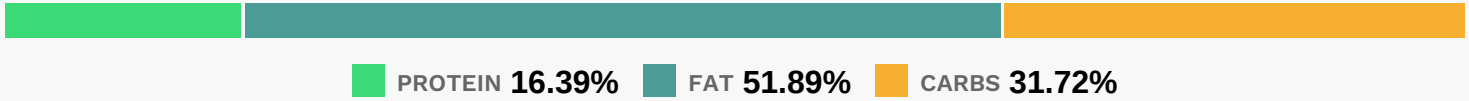
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk

Directions

- ☐ Place chicken, skin side up, on rimmed baking sheet.
- ☐ Mix 1 1/2 tablespoons salt, 3 teaspoons cumin, 1 teaspoon cardamom, and cayenne in small bowl.
- ☐ Sprinkle chicken generously on all sides with spice mix.
- ☐ Let stand 2 hours.
- ☐ Combine 1 cup raisins and 1 1/2 cups hot water in medium bowl. Cover; soak until raisins are soft, at least 30 minutes and up to 1 hour.
- ☐ Drain, reserving soaking liquid. Blend raisins and 3 tablespoons reserved soaking liquid in mini processor, adding more soaking liquid, if needed, to make smooth paste.
- ☐ Place yogurt in medium bowl; whisk 1 minute to lighten.
- ☐ Add black pepper, cinnamon, remaining 2 teaspoons salt, 1 teaspoon cumin, and 1/2 teaspoon cardamom and whisk to blend.
- ☐ Heat butter in large nonstick skillet over high heat.
- ☐ Add chicken, skin side down, and sauté until brown, about 6 minutes per side.
- ☐ Add remaining 1 1/2 cups raisins, cashews, and cloves. Slowly stir in yogurt mixture. Reduce heat, cover, and simmer until chicken is cooked through, about 12 minutes.

- ☐
- Transfer chicken to platter.
- ☐
- Whisk raisin paste and 1/3 cup lemon juice into sauce. Simmer to blend, whisking constantly, about 4 minutes. Season with salt, pepper, and more lemon juice, if desired. Spoon over chicken.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:27.1, Inflammation Score:-6, Nutrition Score:24.073912931525%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 755.58kcal (37.78%), Fat: 45.25g (69.62%), Saturated Fat: 17.84g (111.53%), Carbohydrates: 62.26g (20.75%), Net Carbohydrates: 56.69g (20.61%), Sugar: 9.43g (10.48%), Cholesterol: 134.88mg (44.96%), Sodium: 1920.13mg (83.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.16g (64.32%), Phosphorus: 508.9mg (50.89%), Manganese: 0.97mg (48.41%), Vitamin B3: 8.53mg (42.67%), Copper: 0.8mg (39.78%), Selenium: 24.48µg (34.97%), Magnesium: 136.89mg (34.22%), Vitamin B6: 0.66mg (33.14%), Potassium: 1144.81mg (32.71%), Iron: 5.23mg (29.08%), Vitamin B2: 0.49mg (28.9%), Zinc: 4mg (26.7%), Calcium: 262.35mg (26.23%), Fiber: 5.57g (22.28%), Vitamin B1: 0.29mg (19.38%), Vitamin B5: 1.89mg (18.85%), Vitamin B12: 0.94µg (15.7%), Vitamin C: 11.47mg (13.91%), Vitamin K: 11.65µg (11.1%), Vitamin A: 476.17IU (9.52%), Folate: 28.92µg (7.23%), Vitamin E: 0.82mg (5.49%), Vitamin D: 0.38µg (2.54%)