



Balti Butter Chicken

 Gluten Free

READY IN



258 min.

SERVINGS



8

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon bay leaves crushed (crush to a powder or process in a coffee grinder before measuring)
- 4 tablespoons butter ()
- 14 ounce canned tomatoes diced canned
- 1.5 teaspoons chili powder
- 8 servings cilantro leaves fresh
- 2 tablespoons cilantro leaves fresh chopped
- 1 teaspoon garam masala
- 2 cloves garlic grated

- 1 teaspoon ginger grated peeled (a 1-inch piece,)
- 4 cardamom pods green
- 2 ounces almond flour
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves (do not omit these they are essential to the rich aroma)
- 0.3 cup half and half
- 0.5 tablespoon kosher salt
- 2 medium onion sliced
- 0.5 cup yogurt plain
- 2 tablespoons yogurt plain
- 2.3 lbs chicken breast boneless skinless cut in 1 1/2-inch cubes
- 2 teaspoons turmeric
- 1 tablespoon vegetable oil

Equipment

- frying pan
- wok

Directions

- In a large zip top bag, combine the yogurt, ground almonds, spices, ginger, garlic, tomatoes and salt.
- Add the chicken, press out as much air as possible and seal the bag. Refrigerate 2-4 hours. Melt the butter and oil in your wok or saute pan.
- Saute the onions over medium heat until soft and translucent, about 3 minutes.
- Add the chicken mixture, including all the marinade. Bring to a boil over medium-high heat, then reduce to a simmer for about 10 minutes, or until chicken is cooked through.
- Add half the cilantro.
- Pour in the half-and-half and stir well. Bring to a boil, then immediately switch off heat.
- Serve garnished with the remaining chopped cilantro and sprigs.

Nutrition Facts

PROTEIN 39.81% FAT 46.51% CARBS 13.68%

Properties

Glycemic Index:34.63, Glycemic Load:1.87, Inflammation Score:-10, Nutrition Score:18.190434963807%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 308.5kcal (15.43%), Fat: 16.1g (24.77%), Saturated Fat: 5.85g (36.58%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 7.86g (2.86%), Sugar: 4.92g (5.47%), Cholesterol: 101.98mg (33.99%), Sodium: 716.69mg (31.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.01g (62.02%), Vitamin B3: 14.06mg (70.31%), Selenium: 42.23µg (60.33%), Vitamin B6: 1.1mg (55.15%), Phosphorus: 325.6mg (32.56%), Manganese: 0.54mg (26.78%), Vitamin B5: 2.11mg (21.08%), Potassium: 737.91mg (21.08%), Magnesium: 53.55mg (13.39%), Vitamin B2: 0.21mg (12.62%), Fiber: 2.81g (11.22%), Vitamin C: 8.95mg (10.84%), Iron: 1.91mg (10.59%), Vitamin A: 492.53IU (9.85%), Vitamin B1: 0.15mg (9.7%), Vitamin E: 1.37mg (9.15%), Calcium: 87.64mg (8.76%), Zinc: 1.2mg (8.02%), Copper: 0.15mg (7.66%), Vitamin K: 7.95µg (7.58%), Vitamin B12: 0.36µg (5.94%), Folate: 19.14µg (4.78%)