



Butter-Basted Chicken Skewers

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 tablespoons cilantro leaves coarsely chopped
- ☐ 1 cup curd cottage cheese
- ☐ 2 tablespoons ginger fresh coarsely chopped
- ☐ 1 teaspoon garam masala
- ☐ 2 garlic coarsely chopped
- ☐ 2 tablespoons ghee unsalted melted
- ☐ 1.5 teaspoons ground coriander

- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 1 onion thinly sliced
- ☐ 6 servings chat masala for sprinkling
- ☐ 3 pounds chicken breasts boneless skinless cut into 1 1/2-inch pieces
- ☐ 2 tablespoons vegetable oil

Equipment

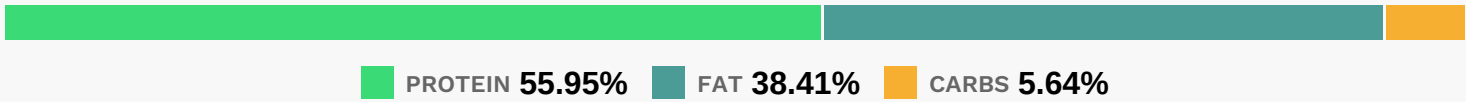
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ In a small skillet, heat the vegetable oil until shimmering.
- ☐ Add the onion and cook over moderately low heat, stirring occasionally, until browned, about 12 minutes.
- ☐ Transfer to a mini food processor.
- ☐ Add the cottage cheese, garlic, ginger, lemon juice, coriander, garam masala, salt and cayenne and process until smooth.
- ☐ In a large bowl, toss the chicken with the cottage cheese mixture. Cover and refrigerate for 3 hours.
- ☐ Preheat the broiler. Thread the chicken pieces onto 6 long metal skewers.
- ☐ Place the skewers on a large baking sheet and brush generously with the ghee. Broil 3 inches from the heat, turning and basting twice with ghee, until richly browned and cooked through, about 7 minutes.
- ☐ Transfer the skewers to a platter.

Sprinkle generously with chat masala , garnish with the cilantro and serve right away.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:0.85, Inflammation Score:-5, Nutrition Score:23.054347743159%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 389.29kcal (19.46%), Fat: 16.15g (24.84%), Saturated Fat: 5g (31.25%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 4.27g (1.55%), Sugar: 1.9g (2.11%), Cholesterol: 161.13mg (53.71%), Sodium: 764.55mg (33.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.91g (105.82%), Vitamin B3: 23.76mg (118.81%), Selenium: 76.41µg (109.16%), Vitamin B6: 1.76mg (87.88%), Phosphorus: 543.44mg (54.34%), Vitamin B5: 3.47mg (34.72%), Potassium: 931.06mg (26.6%), Vitamin B2: 0.3mg (17.38%), Magnesium: 67.07mg (16.77%), Vitamin B1: 0.17mg (11.24%), Zinc: 1.54mg (10.27%), Vitamin B12: 0.61µg (10.2%), Vitamin K: 9.69µg (9.23%), Vitamin C: 6.65mg (8.06%), Vitamin E: 0.98mg (6.56%), Iron: 1.03mg (5.74%), Vitamin A: 278.09IU (5.56%), Calcium: 52.21mg (5.22%), Copper: 0.09mg (4.71%), Manganese: 0.09mg (4.7%), Folate: 18.35µg (4.59%), Fiber: 1.07g (4.27%), Vitamin D: 0.33µg (2.21%)