



Butter Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



653 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 pieces chicken thighs boneless skinless
- 2 cups buttermilk
- 2 cloves garlic minced
- 1 teaspoon salt
- 0.5 teaspoon pepper black
- 0.5 teaspoon ground pepper
- 0.3 teaspoon ground coriander
- 0.3 teaspoon cumin

- 0.3 teaspoon cardamom
- 1 tablespoon cooking oil
- 1 small onion minced
- 2 tablespoons butter
- 2 teaspoons juice of lemon
- 2 teaspoons ginger finely grated
- 2 garlic clove minced
- 2 teaspoons garam masala divided
- 1 bay leaves
- 1 can tomato sauce (14.5 oz. can)
- 1 can canned tomatoes diced (14.5 oz. can)
- 1 pint whipping cream
- 1 bunch cilantro leaves chopped to taste

Equipment

- frying pan
- sauce pan

Directions

- Combine first 9 ingredients and marinate overnight.
- Heat 1 tablespoon oil in a large saucepan over medium high heat.
- Saute onion until soft and translucent.
- Stir in butter, lemon juice, ginger, garlic , 1 teaspoon garam masala, cumin and bay leaf. Cook, stirring, for 1 minute.
- Add tomato sauce and diced tomatoes, and cook for 2 minutes, stirring frequently.
- Stir in cream.
- Reduce heat to low, and simmer for 10 minutes, stirring frequently.
- Season with salt and pepper.
- Remove from heat and set aside.

- Heat 1 tablespoon oil in a large heavy skillet over medium heat.
- Cook chicken until lightly browned, about 10 minutes.
- Reduce heat, and season with 1 teaspoon garam masala and.
- Stir in a few spoonfuls of sauce, and simmer until liquid has reduced, and chicken is no longer pink.
- Stir cooked chicken into sauce.
- Mix together cornstarch and water, then stir into the sauce.
- Cook for 5 to 10 minutes, or until thickened.
- Top with cilantro, if desired.

Nutrition Facts

PROTEIN 7.03% **FAT 75.46%** **CARBS 17.51%**

Properties

Glycemic Index:93, Glycemic Load:7.57, Inflammation Score:-9, Nutrition Score:23.357391304348%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

Taste

Sweetness: 50.69%, Saltiness: 16.63%, Sourness: 39.68%, Bitterness: 12.02%, Savoriness: 9.24%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 652.61kcal (32.63%), Fat: 56.99g (87.67%), Saturated Fat: 33.49g (209.34%), Carbohydrates: 29.76g (9.92%), Net Carbohydrates: 24.38g (8.87%), Sugar: 20.79g (23.1%), Cholesterol: 162.87mg (54.29%), Sodium: 1730.02mg (75.22%), Protein: 11.94g (23.88%), Vitamin A: 3313.36IU (66.27%), Vitamin E: 5.83mg (38.83%), Vitamin B2: 0.61mg (36.04%), Potassium: 1153.02mg (32.94%), Vitamin C: 26.12mg (31.66%), Calcium: 292.26mg (29.23%), Manganese: 0.54mg (27.09%), Phosphorus: 266.62mg (26.66%), Vitamin B6: 0.48mg (24.1%), Vitamin K: 24.3µg (23.15%), Vitamin D: 3.45µg (23.02%), Copper: 0.46mg (22.88%), Fiber: 5.37g (21.49%), Iron: 3.44mg (19.13%), Magnesium: 72.31mg (18.08%), Vitamin B5: 1.65mg (16.48%), Vitamin B3: 3.29mg (16.45%), Selenium: 10.54µg

(15.05%), Vitamin B1: 0.22mg (14.52%), Vitamin B12: 0.76µg (12.66%), Folate: 45.27µg (11.32%), Zinc: 1.52mg (10.17%)