



Butter Chicken

 Gluten Free

READY IN



335 min.

SERVINGS



8

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz canned tomatoes diced drained canned
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 piece ginger fresh cut into 1/2-inch slices
- ☐ 2 teaspoons garam masala
- ☐ 4 cloves garlic coarsely chopped
- ☐ 0.3 cup heavy cream
- ☐ 2 onions thinly sliced
- ☐ 1 cup yogurt plain (not nonfat)

- ☐ 1 teaspoon salt
- ☐ 2 pounds chicken breasts boneless skinless cut into 2-inch pieces
- ☐ 0.5 cup slivered almonds
- ☐ 4 tablespoons butter unsalted

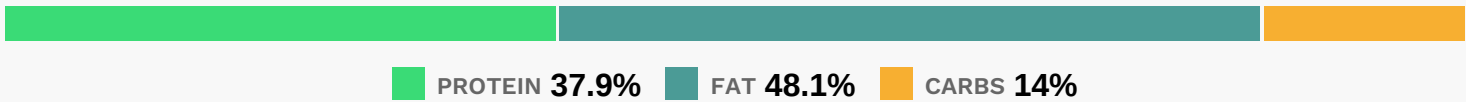
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ spatula
- ☐ slow cooker

Directions

- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Add onions and cook, stirring, until softened and beginning to brown, 5 to 7 minutes.
- ☐ Scrape into slow cooker.
- ☐ Place chicken pieces on top.
- ☐ Combine ginger, garlic, almonds, yogurt, garam masala and salt in a food processor and process until smooth, scraping down sides of bowl with a flexible spatula as necessary.
- ☐ Add tomatoes and pulse once to combine.
- ☐ Pour mixture over chicken. Cover and cook on low until chicken is tender, 4 to 5 hours. Stir in heavy cream, cover and cook until warmed through, about 5 minutes.
- ☐ Sprinkle with cilantro just before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:2.15, Inflammation Score:-6, Nutrition Score:17.754347977431%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 295.49kcal (14.77%), Fat: 15.92g (24.49%), Saturated Fat: 6.88g (43.02%), Carbohydrates: 10.42g (3.47%), Net Carbohydrates: 7.95g (2.89%), Sugar: 5.48g (6.09%), Cholesterol: 100.01mg (33.34%), Sodium: 511.21mg (22.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.22g (56.44%), Vitamin B3: 12.8mg (64.01%), Selenium: 38.21µg (54.58%), Vitamin B6: 1mg (50.21%), Phosphorus: 333.34mg (33.33%), Potassium: 731.65mg (20.9%), Vitamin B5: 1.99mg (19.87%), Vitamin E: 2.87mg (19.13%), Vitamin B2: 0.29mg (16.91%), Manganese: 0.33mg (16.7%), Magnesium: 66.22mg (16.56%), Copper: 0.22mg (10.99%), Vitamin C: 9.04mg (10.95%), Vitamin B1: 0.15mg (10.2%), Fiber: 2.47g (9.87%), Calcium: 95.01mg (9.5%), Vitamin A: 473.76IU (9.48%), Zinc: 1.29mg (8.57%), Iron: 1.48mg (8.22%), Vitamin B12: 0.36µg (6.07%), Folate: 22.53µg (5.63%), Vitamin K: 4.43µg (4.22%), Vitamin D: 0.37µg (2.45%)