



Butter Chicken - (Murgh Makhani)

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black
- 2 tablespoons butter melted (garnish)
- 4 tablespoons butter
- 1 tablespoon cashew pieces
- 1.8 lbs chicken breast boneless cut into pieces
- 1 leaves cilantro leaves finely chopped (coriander garnish)
- 1 tablespoon cup heavy whipping cream fresh
- 4 servings cup heavy whipping cream fresh (garnish)

- 2 teaspoons ginger/garlic paste
- 2 teaspoons ginger paste
- 2 teaspoons ginger finely chopped
- 2 teaspoons to 2 chilies slit green
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 tablespoon juice of lemon
- 1 small onion minced
- 1 teaspoon chili powder red (heat level)
- 4 roma tomatoes chopped
- 4 servings salt to taste
- 1 pinch sugar to taste
- 1 tablespoon yogurt

Equipment

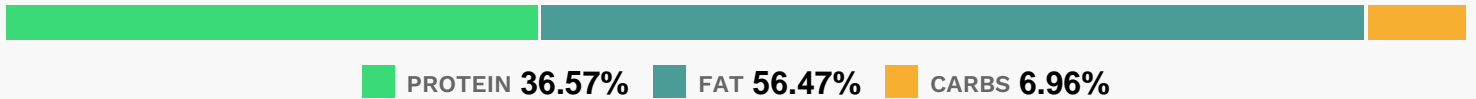
- frying pan
- sauce pan
- knife

Directions

- Perforate the chicken pieces with either fork tines or with little knife cuts. (The idea is to allow the marinade to penetrate the pieces somewhat and have more surface areas to cling to.)
- Mix well the ingredients for the marinade and rub into the chicken pieces.
- Let it marinate for a few hours in the refrigerator, overnight if possible for best results.
- Heat half the butter on medium in a heavy-bottomed pan and put in the chicken along with the marinade. Cover and cook for about 25 minutes or till the chicken is fully cooked. After the liquids have evaporated, stir fry the chicken for some time in the residual fat.
- Heat the remaining butter in a saucepan and add the red chilli powder, coriander, cumin and black pepper. (See TIP at bottom) Fry for a few seconds. (See Step 6 Tip.).

- Add the chopped tomatoes, sugar and salt and cook uncovered on medium for about 7 minutes until the puree thickens and the fat separates. Stir in the whisked cream and reduce the heat to low.
- Add the chicken, chopped ginger and green chillies to the simmering gravy.
- Sprinkle salt to taste if needed.
- Mix well. Cover and simmer on low heat for about 10 minutes or till the curry is thoroughly heated through. Just before serving pour melted butter over the curry.
- Garnish with a swirl of fresh cream and finely chopped coriander leaves. TIP: For a thicker and richer gravy cashewnut paste (soak cashews in water for an hour or so and grind them) can be added while making the gravy in step 3 -- fry it along with the spice powders and then proceed as above.

Nutrition Facts



Properties

Glycemic Index:98.32, Glycemic Load:1.72, Inflammation Score:-8, Nutrition Score:25.126521639202%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 491kcal (24.55%), Fat: 30.66g (47.17%), Saturated Fat: 16.59g (103.71%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 6.56g (2.38%), Sugar: 3.92g (4.35%), Cholesterol: 193.99mg (64.66%), Sodium: 597.99mg (26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.67g (89.35%), Vitamin B3: 21.27mg (106.33%), Selenium: 65.62µg (93.75%), Vitamin B6: 1.63mg (81.25%), Phosphorus: 483.6mg (48.36%), Vitamin A: 1556.36IU (31.13%), Vitamin B5: 3.05mg (30.51%), Potassium: 1004.9mg (28.71%), Magnesium: 76.23mg (19.06%), Vitamin C: 15.42mg (18.69%), Vitamin B2: 0.28mg (16.39%), Manganese: 0.31mg (15.47%), Vitamin B1: 0.19mg (12.48%), Zinc: 1.63mg (10.9%), Vitamin E: 1.63mg (10.86%), Vitamin K: 10.49µg (9.99%), Iron: 1.74mg (9.65%), Copper: 0.19mg (9.31%), Vitamin B12: 0.48µg (8.02%), Fiber: 1.94g (7.77%), Calcium: 61.8mg (6.18%), Folate: 24.28µg (6.07%), Vitamin D: 0.5µg (3.36%)