



WHATSheATE



Butter Chicken (Murgh Makhani)



Gluten Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons almond butter
- ☐ 4 servings butter for garnish (optional)
- ☐ 0.5 teaspoon cayenne pepper or to taste
- ☐ 1 batch tandoori chicken
- ☐ 4 servings cilantro leaves chopped for garnish (optional)
- ☐ 1 cinnamon sticks
- ☐ 1 teaspoon coriander toasted
- ☐ 1 teaspoon cumin toasted

- ☐ 1 tablespoon fenugreek leaves dried
- ☐ 1 teaspoon garam masala
- ☐ 0.3 cup heavy cream
- ☐ 1 tablespoon honey
- ☐ 4 servings salt to taste
- ☐ 2 cups tomatoes fresh pureed canned (or)
- ☐ 1 tablespoon tomato paste

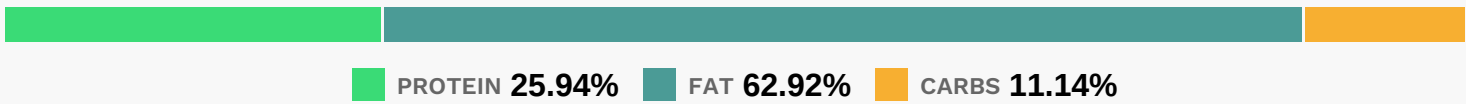
Equipment

- ☐ frying pan

Directions

- ☐ Melt the butter in a pan over medium heat.
- ☐ Add the cinnamon, cloves, cumin and coriander and cook until fragrant, about a minute.
- ☐ Add the tomatoes, tomato paste and cayenne, reduce the heat to medium low and simmer until the sauce starts to thicken, about 10–15 minutes.
- ☐ Add the chicken, honey, fenugreek, almond butter and cream and simmer for another 10–15 minutes.
- ☐ Add the garam masala and salt and remove from heat.
- ☐ Serve over basmati rice garnished with butter and cilantro.

Nutrition Facts



Properties

Glycemic Index:74.07, Glycemic Load:5.05, Inflammation Score:-7, Nutrition Score:23.159130386684%

Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 610.3kcal (30.52%), Fat: 43.14g (66.37%), Saturated Fat: 14.6g (91.27%), Carbohydrates: 17.19g (5.73%), Net Carbohydrates: 13.2g (4.8%), Sugar: 10.97g (12.19%), Cholesterol: 170.39mg (56.8%), Sodium: 556.76mg (24.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.03g (80.05%), Vitamin B3: 14.88mg (74.41%), Vitamin B6: 0.88mg (44.07%), Selenium: 29.17µg (41.67%), Phosphorus: 377.02mg (37.7%), Manganese: 0.62mg (31%), Vitamin E: 4.56mg (30.4%), Potassium: 851.36mg (24.32%), Vitamin B2: 0.41mg (24.05%), Iron: 4.17mg (23.17%), Magnesium: 90.31mg (22.58%), Vitamin B5: 2.15mg (21.51%), Zinc: 3.21mg (21.39%), Vitamin A: 1052.85IU (21.06%), Copper: 0.41mg (20.72%), Vitamin C: 15.47mg (18.75%), Fiber: 3.99g (15.96%), Vitamin B1: 0.22mg (14.54%), Calcium: 116.62mg (11.66%), Vitamin K: 11.44µg (10.9%), Vitamin B12: 0.62µg (10.38%), Folate: 33.17µg (8.29%), Vitamin D: 0.62µg (4.13%)