



Chicken Tikka Masala

 Popular

READY IN



140 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 8 ounce tomato sauce canned
- ☐ 2 teaspoons cayenne pepper
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 clove garlic minced
- ☐ 1 teaspoon ground cinnamon

- ☐ 2 teaspoons ground cumin
- ☐ 1 cup heavy cream
- ☐ 1 jalapeno finely chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 4 long skewers
- ☐ 2 teaspoons paprika
- ☐ 3 teaspoons salt to taste
- ☐ 3 chicken breasts boneless skinless cut into bite-size pieces
- ☐ 1 cup yogurt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ skewers

Directions

- ☐ In a large bowl, combine yogurt, lemon juice, 2 teaspoons cumin, cinnamon, cayenne, black pepper, ginger, and 4 teaspoons salt. Stir in chicken, cover, and refrigerate for 1 hour.
- ☐ Preheat a grill for high heat.
- ☐ Lightly oil the grill grate. Thread chicken onto skewers, and discard marinade. Grill until juices run clear, about 5 minutes on each side.
- ☐ Melt butter in a large heavy skillet over medium heat.
- ☐ Saute garlic and jalapeno for 1 minute. Season with 2 teaspoons cumin, paprika, and 3 teaspoons salt. Stir in tomato sauce and cream. Simmer on low heat until sauce thickens, about 20 minutes.
- ☐ Add grilled chicken, and simmer for 10 minutes.
- ☐ Transfer to a serving platter, and garnish with fresh cilantro.

Nutrition Facts



 **PROTEIN 23.07%**  **FAT 65.1%**  **CARBS 11.83%**

Properties

Glycemic Index:88.5, Glycemic Load:2.24, Inflammation Score:-9, Nutrition Score:18.679130471271%

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: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 396.77kcal (19.84%), Fat: 29.3g (45.07%), Saturated Fat: 17.37g (108.55%), Carbohydrates: 11.98g (3.99%), Net Carbohydrates: 9.66g (3.51%), Sugar: 7.17g (7.97%), Cholesterol: 136.96mg (45.65%), Sodium: 2181.85mg (94.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.36g (46.71%), Vitamin B3: 9.83mg (49.16%), Vitamin A: 2327.47IU (46.55%), Selenium: 31.68µg (45.25%), Vitamin B6: 0.82mg (40.81%), Phosphorus: 305.1mg (30.51%), Potassium: 741.15mg (21.18%), Vitamin B2: 0.35mg (20.89%), Manganese: 0.4mg (19.94%), Vitamin B5: 1.85mg (18.52%), Vitamin E: 2.45mg (16.33%), Vitamin C: 12.71mg (15.41%), Calcium: 153.16mg (15.32%), Magnesium: 53.62mg (13.4%), Iron: 2.12mg (11.78%), Vitamin K: 11.24µg (10.71%), Fiber: 2.32g (9.26%), Zinc: 1.31mg (8.71%), Vitamin B12: 0.5µg (8.29%), Vitamin B1: 0.12mg (7.84%), Copper: 0.15mg (7.48%), Vitamin D: 1.1µg (7.32%), Folate: 19.83µg (4.96%)