



## Chicken Tikka Masala

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 15 ounce canned tomatoes crushed canned
- 1 large head cauliflower cut into florets
- 0.3 teaspoon cayenne pepper
- 0.3 cup cilantro leaves fresh chopped
- 2 teaspoons garam masala
- 4 cloves garlic
- 1 piece ginger peeled roughly chopped
- 4 servings kosher salt

- 0.8 cup yogurt plain low-fat
- 2 tablespoons olive oil extra-virgin
- 1.8 pounds chicken thighs boneless skinless trimmed
- 2 tablespoons tomato paste

## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- whisk
- aluminum foil
- broiler
- microwave

## Directions

- Pulse the ginger, garlic, garam masala and 1/4 teaspoon each cayenne and salt in a food processor to make a paste. Toss the cauliflower, 1 tablespoon of the spice paste, 1 tablespoon water and a pinch of salt in a microwave-safe bowl; set aside.
- Add the tomato paste to the remaining spice paste; pulse, then transfer 1 tablespoon to a bowl.
- Add 1/2 cup yogurt, a pinch of salt and the chicken; toss to coat.
- Heat the olive oil in a skillet over medium-high heat.
- Add the remaining tomato-spice mixture and cook, stirring, 3 minutes.
- Add the tomatoes, 1 1/4 cups water and 1/2 teaspoon salt; bring to a simmer and cook until thickened, 15 to 20 minutes.
- Meanwhile, preheat the broiler.
- Put the chicken on a foil-lined baking sheet and broil until almost cooked through, 5 to 6 minutes per side. Microwave the cauliflower, 10 to 12 minutes. Toss with the cilantro.
- Whisk the remaining 1/4 cup yogurt into the skillet.

Add the chicken; simmer until cooked through, 4 minutes.

Serve with the cauliflower.

## Nutrition Facts

**PROTEIN 42.84%** **FAT 34.66%** **CARBS 22.5%**

### Properties

Glycemic Index:56, Glycemic Load:5.04, Inflammation Score:-8, Nutrition Score:37.162609017414%

### Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

### Nutrients (% of daily need)

Calories: 430.55kcal (21.53%), Fat: 16.97g (26.11%), Saturated Fat: 3.8g (23.77%), Carbohydrates: 24.78g (8.26%), Net Carbohydrates: 17.89g (6.5%), Sugar: 12.98g (14.42%), Cholesterol: 191.28mg (63.76%), Sodium: 671.16mg (29.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.2g (94.4%), Vitamin C: 114.51mg (138.8%), Vitamin B6: 1.51mg (75.66%), Selenium: 49.15µg (70.21%), Vitamin B3: 13.8mg (69.01%), Phosphorus: 576.34mg (57.63%), Vitamin K: 52.41µg (49.91%), Potassium: 1641.33mg (46.9%), Vitamin B5: 4.39mg (43.88%), Vitamin B2: 0.65mg (38.22%), Folate: 148.51µg (37.13%), Manganese: 0.64mg (31.96%), Zinc: 4.38mg (29.19%), Magnesium: 111.53mg (27.88%), Fiber: 6.9g (27.58%), Vitamin B1: 0.4mg (26.39%), Vitamin B12: 1.53µg (25.46%), Iron: 4.26mg (23.65%), Copper: 0.44mg (21.93%), Vitamin E: 3.29mg (21.93%), Calcium: 193.91mg (19.39%), Vitamin A: 541.39IU (10.83%)