



Chicken Tikka Masala

 Gluten Free

READY IN



170 min.

SERVINGS



4

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons canola oil
- 2 tablespoons cilantro leaves
- 1 stick cinnamon (2-inch)
- 2 inch ginger fresh peeled sliced
- 5 garlic cloves
- 0.5 cup greek yogurt plain fat-free
- 1 teaspoon ground coriander
- 2 teaspoons ground cumin divided

- 1.5 teaspoons ground pepper red divided
- 0.5 teaspoon ground turmeric
- 0.8 cup half-and-half
- 0.8 teaspoon kosher salt divided
- 1 tablespoon juice of lemon fresh
- 0.3 cup milk
- 2 medium onions cut into wedges
- 1.8 pounds chicken thighs boneless skinless
- 1.5 cups tomatoes crushed

Equipment

- food processor
- bowl
- frying pan
- oven
- aluminum foil
- ziploc bags

Directions

- Preheat oven to 37
- Place onion and garlic in a food processor; process until a smooth paste forms. Spoon half of paste into a small bowl; cover and chill.
- Add 1 teaspoon cumin, 1 teaspoon red pepper, and ginger to remaining paste in food processor; process until smooth. Stir in yogurt and lemon juice.
- Combine chicken and yogurt mixture in a large zip-top plastic bag; seal and marinate in refrigerator 2 hours.
- Remove chicken from bag; discard marinade.
- Sprinkle 1/2 teaspoon salt evenly over both sides of chicken.
- Place chicken on a rack coated with cooking spray; place rack in a foil-lined pan.

- Bake at 375 for 16 minutes or until done, turning after 8 minutes.
- Let stand 10 minutes; cut chicken into bite-sized pieces.
- Heat a large nonstick skillet over medium-low heat.
- Add oil to pan; swirl to coat.
- Add cinnamon stick; cook 1 minute or until fragrant, stirring frequently. Stir in 1 teaspoon cumin, 1/2 teaspoon red pepper, 1/4 teaspoon salt, coriander, and turmeric; cook 1 minute, stirring constantly. Reduce heat to low; stir in reserved onion-garlic paste. Cook 12 minutes or until lightly browned, stirring occasionally. Stir in tomatoes; bring to a simmer over medium heat, and cook 8 minutes, stirring occasionally. Stir in half-and-half and milk; bring to a simmer. Stir in chicken; simmer 2 minutes or until heated.
- Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:3.8, Inflammation Score:-10, Nutrition Score:27.549130403477%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg

Nutrients (% of daily need)

Calories: 483.78kcal (24.19%), Fat: 25.3g (38.92%), Saturated Fat: 6.44g (40.28%), Carbohydrates: 19.46g (6.49%), Net Carbohydrates: 15.6g (5.67%), Sugar: 10.07g (11.19%), Cholesterol: 207.49mg (69.16%), Sodium: 780.59mg (33.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.51g (91.03%), Selenium: 50.74µg (72.48%), Vitamin B3: 12.58mg (62.89%), Vitamin B6: 1.22mg (60.8%), Phosphorus: 526.38mg (52.64%), Vitamin B2: 0.61mg (35.96%), Vitamin B5: 3.01mg (30.11%), Potassium: 1034.37mg (29.55%), Manganese: 0.58mg (28.77%), Vitamin B12: 1.61µg (26.89%), Zinc: 3.9mg (26.02%), Vitamin E: 3.77mg (25.14%), Iron: 4mg (22.21%), Magnesium: 88.6mg (22.15%), Vitamin B1: 0.32mg (21.3%), Vitamin C: 16.53mg (20.04%), Vitamin K: 20.56µg (19.58%), Calcium: 187.59mg (18.76%), Copper: 0.35mg (17.42%), Fiber: 3.86g (15.44%), Vitamin A: 771.59IU (15.43%), Folate: 35.71µg (8.93%),

Vitamin D: 0.17µg (1.12%)