



Chicken Tikka Masala

 Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 1 tablespoon cayenne pepper
- 2 pounds meat from a rotisserie chicken diced
- 1 tablespoon ginger fresh minced
- 2 tablespoons garlic minced
- 1 tablespoon ginger juice
- 6 servings green onions and cilantro chopped for garnish
- 2 teaspoons ground cinnamon

- 1 tablespoon ground cumin
- 1 teaspoon ground cumin
- 1 cup heavy cream
- 1 teaspoon kosher salt
- 2 tablespoons juice of lemon
- 2 cups yogurt plain
- 6 servings salt
- 2 tablespoons scotch bonnet pepper diced seeded finely
- 1 teaspoon paprika smoked
- 0.5 cup cup heavy whipping cream sour
- 2 cups tomato purée
- 1 teaspoon pepper white

Equipment

- bowl
- frying pan
- grill
- skewers

Directions

- Special equipment: Fourteen to sixteen 6-inch skewers
- For the marinade and chicken: In a bowl, blend the yogurt, lemon juice, cayenne, cumin, gingers, cinnamon, salt as needed and pepper. Once well mixed, add the chicken and allow the meat to marinate for at least 30 minutes. Do not over marinate.
- For the sauce: Melt the butter in a large heavy skillet over medium heat.
- Saute the garlic and jalapeno for 1 minute. Season with cumin, salt and paprika. Stir in the tomato puree, heavy cream and sour cream. Simmer on low heat until the sauce thickens, about 20 minutes.
- Prepare a grill to medium-high heat.

Thread the chicken on the skewers. Grill the chicken on the first side for 3 to 4 minutes, then flip and repeat cooking on the second side. Once cooked on the second side, brush both sides with the prepared sauce. Allow the sauce to warm and then serve, garnishing with greens of choice.

Nutrition Facts

PROTEIN 16.94% **FAT 68.02%** **CARBS 15.04%**

Properties

Glycemic Index:42.17, Glycemic Load:1.37, Inflammation Score:-9, Nutrition Score:18.853912934013%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 466.76kcal (23.34%), Fat: 36.16g (55.63%), Saturated Fat: 18.39g (114.95%), Carbohydrates: 17.98g (5.99%), Net Carbohydrates: 15.07g (5.48%), Sugar: 10.58g (11.75%), Cholesterol: 131.21mg (43.74%), Sodium: 745.88mg (32.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.26g (40.53%), Vitamin A: 2084.1IU (41.68%), Vitamin B3: 6.62mg (33.12%), Vitamin C: 23.11mg (28.01%), Phosphorus: 278.27mg (27.83%), Vitamin B6: 0.51mg (25.63%), Vitamin B2: 0.41mg (24.19%), Potassium: 814.48mg (23.27%), Selenium: 15.45µg (22.08%), Manganese: 0.43mg (21.63%), Calcium: 201.83mg (20.18%), Iron: 3.63mg (20.15%), Vitamin E: 3.02mg (20.12%), Vitamin K: 20.48µg (19.5%), Copper: 0.35mg (17.31%), Vitamin B5: 1.58mg (15.83%), Magnesium: 60.45mg (15.11%), Zinc: 2.1mg (14%), Fiber: 2.91g (11.63%), Vitamin B12: 0.64µg (10.65%), Vitamin B1: 0.13mg (8.48%), Folate: 29.99µg (7.5%), Vitamin D: 0.86µg (5.74%)