



Chicken Tikka Masala

 Gluten Free

READY IN



300 min.

SERVINGS



6

CALORIES



704 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pepper dried red crushed
- ☐ 28 ounce canned tomatoes whole peeled canned
- ☐ 6 cardamom pods crushed
- ☐ 0.8 cup cilantro leaves fresh chopped for garnish
- ☐ 6 servings basmati rice steamed (for serving)
- ☐ 2 teaspoons garam masala
- ☐ 6 garlic clove finely grated
- ☐ 2 teaspoons ground coriander

- ☐ 2 teaspoons ground cumin
- ☐ 4 teaspoons turmeric
- ☐ 2 cups cup heavy whipping cream
- ☐ 1 tablespoon kosher salt
- ☐ 1 small onion thinly sliced
- ☐ 1.5 cups yogurt (not Greek)
- ☐ 2 pounds chicken breast boneless skinless halved lengthwise
- ☐ 0.3 cup tomato paste
- ☐ 3 tablespoons ghee (clarified butter)

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ pot
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Combine garlic, ginger, turmeric, garammasala, coriander, and cumin in a small bowl.
- ☐ Whisk yogurt, salt, and half of spice mixture in a medium bowl; add chicken and turn to coat. Cover and chill 4–6 hours. Cover and chill remaining spice mixture.
- ☐ Heat ghee in a large heavy pot over medium heat.
- ☐ Add onion, tomato paste, cardamom, and chiles and cook, stirring often, until tomato paste has darkened and onion is soft, about 5 minutes.
- ☐ Add remaining half of spice mixture and cook, stirring often, until bottom of pot begins to brown, about 4 minutes.
- ☐ Add tomatoes with juices, crushing them with your hands as you add them. Bring to a boil, reduce heat, and simmer, stirring often and scraping up browned bits from bottom of pot, until sauce thickens, 8–10 minutes.

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- Add cream and chopped cilantro.Simmer, stirring occasionally, until saucethickens, 30–40 minutes.

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Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:25.25, Inflammation Score:-10, Nutrition Score:31.872608516527%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 704.02kcal (35.2%), Fat: 41.23g (63.43%), Saturated Fat: 23.99g (149.96%), Carbohydrates: 41.93g (13.98%), Net Carbohydrates: 38.2g (13.89%), Sugar: 12.14g (13.49%), Cholesterol: 206.84mg (68.95%), Sodium: 1688.2mg (73.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.52g (85.05%), Vitamin B3: 17.69mg (88.43%), Selenium: 60.39µg (86.27%), Vitamin B6: 1.52mg (76.15%), Manganese: 1.31mg (65.54%), Phosphorus: 550.08mg (55.01%), Potassium: 1294.84mg (37%), Vitamin A: 1690.93IU (33.82%), Vitamin B2: 0.56mg (33.19%), Vitamin B5: 3.27mg (32.73%), Calcium: 265.97mg (26.6%), Vitamin C: 20.83mg (25.25%), Magnesium: 99.43mg (24.86%), Iron: 3.97mg (22.06%), Zinc: 2.64mg (17.62%), Vitamin E: 2.55mg (16.99%), Vitamin B1: 0.25mg (16.56%), Fiber: 3.73g (14.92%), Copper: 0.29mg (14.58%), Vitamin K: 14.59µg (13.9%), Vitamin B12: 0.8µg (13.38%), Vitamin D: 1.42µg (9.47%), Folate: 34.98µg (8.74%)