



Creamy Butter Chicken

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce philadelphia original cooking creme
- 0.3 cup cilantro leaves fresh
- 1 tablespoon garam masala
- 3 cloves garlic minced
- 2 tablespoons gingerroot grated
- 1 tablespoon ground cumin
- 1 onion chopped
- 1 pound chicken breasts boneless skinless cut into bite-size pieces

- 5.5 ounce tomato paste canned
- 1 tablespoon vegetable oil
- 0.3 cup water

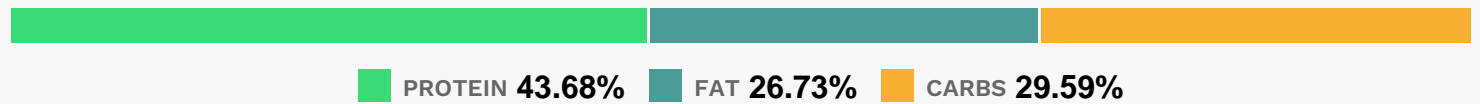
Equipment

- frying pan

Directions

- Heat oil in large skillet on medium heat.
- Add onions; cook 5 min. or until crisp-tender, stirring occasionally. Stir in garlic and ginger; cook 1 to 2 min. or until fragrant.
- Add garam masala and cumin; cook and stir 30 sec. Stir in tomato paste and water until well blended.
- Add chicken; stir until coated. Cover; simmer on medium-low heat 6 to 8 min. or until done, stirring occasionally.
- Add Cooking Creme; cook and stir 2 to 3 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:1.69, Inflammation Score:-5, Nutrition Score:15.100869697073%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

Nutrients (% of daily need)

Calories: 235.76kcal (11.79%), Fat: 7g (10.77%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 17.43g (5.81%), Net Carbohydrates: 15.69g (5.71%), Sugar: 12.43g (13.81%), Cholesterol: 72.57mg (24.19%), Sodium: 197.98mg (8.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.74g (51.47%), Vitamin B3: 12.46mg (62.29%), Selenium: 37.09µg (52.99%), Vitamin B6: 0.98mg (49.12%), Phosphorus: 271.18mg (27.12%), Potassium: 630.22mg (18.01%),

Vitamin B5: 1.78mg (17.84%), Magnesium: 48.7mg (12.18%), Manganese: 0.23mg (11.65%), Iron: 2.09mg (11.63%),
Vitamin K: 11.88µg (11.31%), Vitamin C: 8.24mg (9.99%), Vitamin B2: 0.15mg (8.9%), Vitamin B1: 0.13mg (8.66%),
Copper: 0.15mg (7.53%), Vitamin E: 1.07mg (7.15%), Fiber: 1.74g (6.94%), Zinc: 0.98mg (6.51%), Calcium: 48.5mg
(4.85%), Vitamin A: 205.11IU (4.1%), Folate: 16.05µg (4.01%), Vitamin B12: 0.23µg (3.78%)