



 **9%**
HEALTH SCORE

Creamy Chicken Tikka Masala

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 8 ounce tomato sauce canned
- 0.5 teaspoon ground pepper
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon ginger fresh minced
- 1 clove garlic minced
- 1 teaspoon ground cinnamon
- 2 teaspoons ground cumin

- 1 cup cup heavy whipping cream
- 1 jalapeno finely chopped
- 1 tablespoon juice of lemon
- 2 teaspoons paprika
- 0.3 teaspoon salt
- 3 chicken breast boneless skinless cut into bite-size pieces
- 0.5 cup butter unsalted melted (1 stick)
- 1 cup yogurt

Equipment

- bowl
- frying pan
- grill
- skewers

Directions

- In a large bowl, combine yogurt, lemon juice, 2 teaspoons cumin, cinnamon, cayenne, black pepper, ginger, and 4 teaspoons salt. Stir in chicken, cover, and refrigerate for 1 hour. Preheat a grill for high heat. Lightly oil the grill grate. Thread chicken onto skewers, and discard marinade. Grill until juices run clear, about 5 minutes on each side. Melt butter in a large heavy skillet over medium heat.
- Saute garlic and jalapeno for 1 minute. Season with 2 teaspoons cumin, paprika, and 3 teaspoons salt. Stir in tomato sauce and cream. Simmer on low heat until sauce thickens, about 20 minutes.
- Add grilled chicken, and simmer for 10 minutes.
- Transfer to a serving platter, and garnish with fresh cilantro. Makes 4 servings

Nutrition Facts

 PROTEIN 16.1%  FAT 76.75%  CARBS 7.15%

Properties

Glycemic Index:65.5, Glycemic Load:1.78, Inflammation Score:-9, Nutrition Score:18.600434782609%

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 Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Taste

Sweetness: 15.98%, Saltiness: 66.38%, Sourness: 13.61%, Bitterness: 14.27%, Savoriness: 46.18%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 567.15kcal (28.36%), Fat: 49.3g (75.85%), Saturated Fat: 30.11g (188.17%), Carbohydrates: 10.34g (3.45%), Net Carbohydrates: 8.45g (3.07%), Sugar: 7.08g (7.86%), Cholesterol: 190.44mg (63.48%), Sodium: 563.26mg (24.49%), Protein: 23.27g (46.54%), Vitamin A: 2632.92IU (52.66%), Vitamin B3: 9.75mg (48.76%), Selenium: 31.19µg (44.55%), Vitamin B6: 0.8mg (39.75%), Phosphorus: 305.8mg (30.58%), Vitamin B2: 0.35mg (20.86%), Potassium: 719.49mg (20.56%), Vitamin B5: 1.86mg (18.64%), Vitamin E: 2.79mg (18.63%), Calcium: 153.5mg (15.35%), Vitamin C: 12.14mg (14.71%), Manganese: 0.28mg (13.8%), Magnesium: 51.12mg (12.78%), Iron: 1.97mg (10.93%), Vitamin K: 11.15µg (10.62%), Vitamin D: 1.52µg (10.16%), Vitamin B12: 0.54µg (8.99%), Zinc: 1.28mg (8.55%), Vitamin B1: 0.11mg (7.64%), Fiber: 1.89g (7.56%), Copper: 0.14mg (6.86%), Folate: 19.47µg (4.87%)