




 **25%**
HEALTH SCORE

Easy Chicken Tikka Masala


 **Gluten Free**

READY IN




45 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 chicken breast cut into bite size cubes
- 4 tablespoons grapeseed oil
- 1 large onion chopped
- 2 cloves garlic finely chopped
- 1 teaspoon garam masala (spice mixture)
- 1 teaspoon cumin
- 1 teaspoon cilantro leaves
- 0.3 teaspoon turmeric

- 0.1 teaspoon cardamom
- 0.3 teaspoon cinnamon
- 2 teaspoons ginger fresh finely chopped
- 0.5 teaspoon ground pepper
- 1 tablespoon paprika
- 1 teaspoon tomato paste
- 1 tomatoes chopped
- 0.5 cup water
- 0.5 cup yogurt plain
- 4 servings cilantro leaves fresh for garnish
- 4 servings salt to taste

Equipment

- bowl
- sauce pan

Directions

- In a small bowl mix all the spices including the ginger. Set aside.
- In a large saucepan, heat the oil .
- Add the onions and cook until golden brown.
- Add the garlic and continue to cook for a minute.
- Stir in the spices and allow the flavours to infuse.
- Stir in the tomato paste.
- Add the chopped tomato and pour in the water. Simmer and season with salt to taste.
- Add the chicken pieces stirring well to coat the meat with the sauce. Continue to simmer until the chicken is cooked and the sauce has thickened, about 12 minutes.
- Stir in the yogurt and continue to simmer 5 minutes.
- Garnish with chopped fresh cilantro
- Serve with bismati rice.

Nutrition Facts

PROTEIN 41.66% FAT 48.75% CARBS 9.59%

Properties

Glycemic Index:89.75, Glycemic Load:1.71, Inflammation Score:-9, Nutrition Score:22.727391304348%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg

Nutrients (% of daily need)

Calories: 371.05kcal (18.55%), Fat: 19.97g (30.72%), Saturated Fat: 3.03g (18.96%), Carbohydrates: 8.84g (2.95%), Net Carbohydrates: 6.78g (2.47%), Sugar: 4.27g (4.74%), Cholesterol: 112.46mg (37.49%), Sodium: 423.83mg (18.43%), Protein: 38.39g (76.79%), Vitamin B3: 18.22mg (91.11%), Selenium: 55.57µg (79.39%), Vitamin B6: 1.42mg (71.05%), Phosphorus: 416.49mg (41.65%), Vitamin E: 5.22mg (34.83%), Vitamin A: 1342.2IU (26.84%), Vitamin B5: 2.67mg (26.66%), Potassium: 886.58mg (25.33%), Magnesium: 62.43mg (15.61%), Vitamin B2: 0.26mg (15.26%), Vitamin C: 10.35mg (12.55%), Manganese: 0.24mg (12.08%), Vitamin B1: 0.16mg (10.69%), Zinc: 1.43mg (9.55%), Iron: 1.68mg (9.31%), Fiber: 2.06g (8.23%), Vitamin B12: 0.45µg (7.54%), Calcium: 72.49mg (7.25%), Copper: 0.12mg (5.89%), Folate: 22.3µg (5.58%), Vitamin K: 5.25µg (5%), Vitamin D: 0.2µg (1.33%)