



WHATSheATE



Easy Indian Butter Chicken



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



880 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup butter divided
- ☐ 15 ounce tomato sauce canned
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 teaspoon garam masala
- ☐ 1 tablespoon garlic minced
- ☐ 3 cups heavy cream
- ☐ 1 onion minced
- ☐ 2 tablespoons tandoori masala

- ☐ 2 teaspoons salt
- ☐ 1.5 pounds chicken breast boneless skinless cut into bite-sized chunks
- ☐ 2 tablespoons vegetable oil

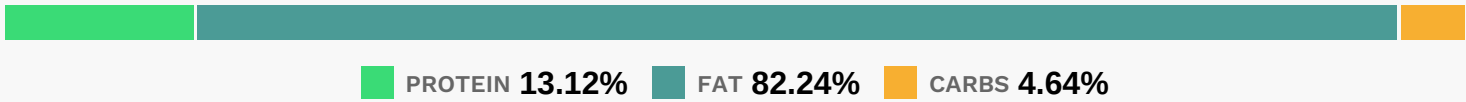
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Melt a few tablespoons of butter in a skillet over medium heat. Stir in onion and garlic, and cook slowly until the onion caramelizes to a dark brown, about 15 minutes.
- ☐ Meanwhile melt the remaining butter in a saucepan over medium-high heat along with the tomato sauce, heavy cream, salt, cayenne pepper, and garam masala. Bring to a simmer, then reduce heat to medium-low; cover, and simmer for 30 minutes, stirring occasionally. Then stir in caramelized onions.
- ☐ While the sauce is simmering, toss cubed chicken breast with vegetable oil until coated, then season with tandoori masala and spread out onto a baking sheet.
- ☐ Bake chicken in preheated oven until no longer pink in the center, about 12 minutes. Once done, add the chicken to the sauce and simmer for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:1.76, Inflammation Score:-9, Nutrition Score:21.178260803223%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg, Myricetin: 0.03mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 880.34kcal (44.02%), Fat: 81.65g (125.61%), Saturated Fat: 48.2g (301.25%), Carbohydrates: 10.35g (3.45%), Net Carbohydrates: 8.5g (3.09%), Sugar: 6.85g (7.61%), Cholesterol: 288.39mg (96.13%), Sodium: 1520.43mg (66.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.32g (58.63%), Vitamin A: 3174.84IU (63.5%), Vitamin B3: 12.68mg (63.41%), Selenium: 40.97µg (58.53%), Vitamin B6: 1.01mg (50.41%), Phosphorus: 343.71mg (34.37%), Vitamin E: 3.68mg (24.56%), Vitamin B2: 0.41mg (23.85%), Potassium: 791.18mg (22.61%), Vitamin B5: 2.21mg (22.1%), Vitamin K: 17.37µg (16.54%), Vitamin D: 2.02µg (13.45%), Magnesium: 51.89mg (12.97%), Calcium: 110.82mg (11.08%), Vitamin C: 9.06mg (10.99%), Vitamin B1: 0.13mg (8.5%), Vitamin B12: 0.48µg (8.03%), Zinc: 1.19mg (7.93%), Manganese: 0.15mg (7.43%), Fiber: 1.86g (7.42%), Iron: 1.32mg (7.34%), Copper: 0.14mg (6.91%), Folate: 20.69µg (5.17%)