



Indian Butter Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



48

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 ounce butter
- 2 chicken breast chopped
- 0.5 cup chicken broth
- 1 teaspoon garam masala
- 0.5 teaspoon garlic minced
- 1 inch ginger peeled
- 1 large optional: lemon
- 1 tablespoon cooking oil

- 0.5 cup yogurt plain
- 48 servings salt and pepper to taste
- 0.5 cup cream sour
- 14.5 Oz tomatoes diced

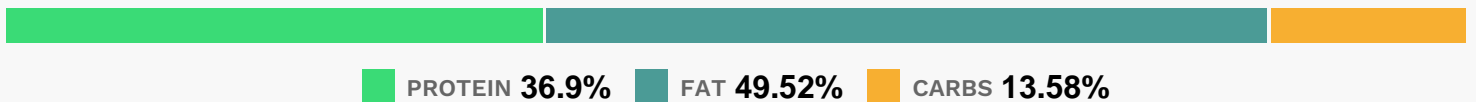
Equipment

- frying pan

Directions

- Start out by adding the oil to your pan and heating it up on medium high heat.
- Add in your chopped chicken, garlic, and garam masala. Swirl it together and cook it up for about two to three minutes. Next up you'll add in your onion and ginger. Continue cooking until the chicken is cooked through. Now, turn your heat down a notch to medium and add in your lemon juice and butter.
- Let the butter melt completely and then add in the tomatoes and broth. Give the dish a minute or two to heat back up and then stir in the yogurt and sour cream.
- Mix it all together and shake in some salt and pepper to taste.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:3.7, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:1.5252173913043%

Flavonoids

Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 24.4kcal (1.22%), Fat: 1.36g (2.09%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 0.84g (0.28%), Net Carbohydrates: 0.66g (0.24%), Sugar: 0.5g (0.55%), Cholesterol: 8.46mg (2.82%), Sodium: 218.14mg (9.48%), Protein: 2.28g (4.55%), Vitamin B3: 1.05mg (5.23%), Selenium: 3.19µg (4.55%), Vitamin B6: 0.08mg (4.08%), Vitamin C: 2.53mg (3.07%), Phosphorus: 26.7mg (2.67%), Vitamin A: 99.54IU (1.99%), Potassium: 66.48mg (1.9%), Vitamin B5: 0.17mg (1.65%), Vitamin B2: 0.02mg (1.22%), Magnesium: 4.22mg (1.06%)