



Indian Butter Chicken



Gluten Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 50 g butter
- ☐ 6 cardamom pods
- ☐ 0.5 teaspoon chili powder to taste (more or less)
- ☐ 1 cinnamon sticks
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 2 teaspoons garam masala
- ☐ 1 tablespoon ginger fresh green grated
- ☐ 2 teaspoons ground coriander

- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 0.3 cup yogurt plain
- ☐ 1 kg chicken breast boneless skinless cut in large chunks
- ☐ 1 tablespoon sugar
- ☐ 2 teaspoons paprika sweet
- ☐ 400 g tomato purée canned

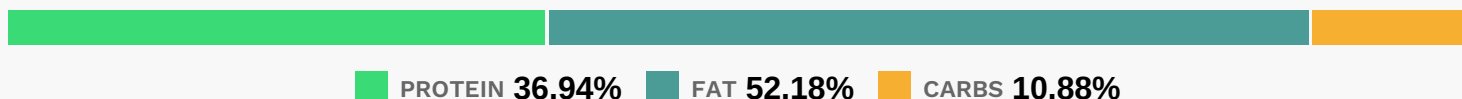
Equipment

- ☐ sauce pan
- ☐ wok

Directions

- ☐ Heat a wok until really hot, add 1 Tbsp oil.2
- ☐ Add half the chicken and stir-fry for about 4 minutes or until chicken is a nice colour.3
- ☐ Remove to plate.4
- ☐ Add extra oil and cook remaining chicken.5
- ☐ Remove from wok.6 Reduce heat and add the butter.7 When melted add all of the spices and stir-fry until fragrant- about 1 minute.8 Return chicken to wok and stir to coat with the spices.9
- ☐ Add the tomato and sugar and simmer for 15 minutes- stir occasionally.10
- ☐ Add the yogurt, cream and lemon juice and simmer for 5 minutes or until the sauce thickens a bit.11
- ☐ Serve over rice.12 **This dish can be frozen. After step nine cool completely then store in a zip-lock bag in the freezer. To reheat, thaw in bag in fridge overnight then add contents to saucepan. Reheat gently, then simmer for 8 minutes - add the yoghurt, cream and lemon juice and simmer for 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:54.27, Glycemic Load:4.42, Inflammation Score:-8, Nutrition Score:32.740434916123%

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 Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 614.77kcal (30.74%), Fat: 35.84g (55.14%), Saturated Fat: 16.29g (101.84%), Carbohydrates: 16.82g (5.61%), Net Carbohydrates: 12.53g (4.56%), Sugar: 9.25g (10.28%), Cholesterol: 222.48mg (74.16%), Sodium: 524.19mg (22.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.09g (114.17%), Vitamin B3: 27.54mg (137.72%), Selenium: 82.39µg (117.7%), Vitamin B6: 2.08mg (103.88%), Manganese: 1.26mg (62.9%), Phosphorus: 606.58mg (60.66%), Vitamin B5: 4.03mg (40.29%), Potassium: 1361.87mg (38.91%), Vitamin A: 1624.33IU (32.49%), Magnesium: 103mg (25.75%), Vitamin E: 3.81mg (25.42%), Vitamin B2: 0.41mg (24.06%), Vitamin C: 14.88mg (18.03%), Iron: 3.19mg (17.73%), Vitamin B1: 0.26mg (17.32%), Fiber: 4.29g (17.17%), Zinc: 2.24mg (14.95%), Copper: 0.29mg (14.69%), Calcium: 118.66mg (11.87%), Vitamin B12: 0.63µg (10.43%), Vitamin K: 9.05µg (8.62%), Folate: 27.19µg (6.8%), Vitamin D: 0.74µg (4.94%)