



Indian Butter Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups rice white hot cooked
- ☐ 0.1 lb butter
- ☐ 2 cups fat-skimmed chicken broth
- ☐ 2 tablespoons ginger fresh chopped
- ☐ 2 teaspoons garam masala (see notes)
- ☐ 0.5 teaspoon coarse-ground pepper black
- ☐ 1 oz jalapeño chili fresh stemmed rinsed seeded chopped
- ☐ 6 servings lime wedges

- ☐ 0.5 lb onion peeled chopped
- ☐ 1 tablespoon salad oil
- ☐ 6 servings salt
- ☐ 6 oz tomato paste canned
- ☐ 0.5 cup whipping cream
- ☐ 1.5 pounds boned rinsed cut into 3/4-inch chunks

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ In a 5- to 6-quart pan, combine onion, ginger, chili, and oil. Stir often over high heat until onion is lightly browned, 3 to 5 minutes. Stir in garam masala. Scrape mixture into a blender; add tomato paste and chicken broth. Whirl until very smooth.
- ☐ Pour mixture back into pan, add cream, and bring to a gentle boil over high heat (mixture is inclined to spatter). Reduce heat and simmer, stirring often, until reduced to 3 cups, about 5 minutes.
- ☐ Pour sauce into a bowl. Rinse and dry pan.
- ☐ Mix chicken with pepper and sprinkle lightly with salt. Set pan over high heat; add 1 tablespoon butter and the chicken. Stir until chicken is no longer pink on the surface, 2 to 3 minutes.
- ☐ Add the sauce and simmer over medium heat, stirring often, until chicken is no longer pink in the center (cut to test), 3 to 4 minutes.
- ☐ Cut remaining 3 tablespoons butter into chunks and stir into sauce until melted.
- ☐ Spoon chicken and sauce onto rice.
- ☐ Add salt to taste. Squeeze lime juice over portions.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:49.34, Inflammation Score:-7, Nutrition Score:20.357826004858%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg

Nutrients (% of daily need)

Calories: 524.52kcal (26.23%), Fat: 20.85g (32.08%), Saturated Fat: 7.11g (44.47%), Carbohydrates: 52.08g (17.36%), Net Carbohydrates: 49.9g (18.14%), Sugar: 3.87g (4.3%), Cholesterol: 94.99mg (31.66%), Sodium: 770.75mg (33.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.5g (60.99%), Selenium: 50.8µg (72.58%), Vitamin B3: 13.37mg (66.84%), Vitamin B6: 1.13mg (56.35%), Manganese: 0.9mg (45.18%), Phosphorus: 350.57mg (35.06%), Vitamin B5: 2.53mg (25.31%), Potassium: 683.31mg (19.52%), Vitamin C: 12.92mg (15.66%), Magnesium: 62.38mg (15.6%), Vitamin A: 777.64IU (15.55%), Vitamin B2: 0.22mg (12.95%), Copper: 0.23mg (11.66%), Vitamin E: 1.7mg (11.36%), Zinc: 1.65mg (11.02%), Vitamin B1: 0.16mg (10.4%), Fiber: 2.19g (8.75%), Iron: 1.36mg (7.55%), Vitamin B12: 0.42µg (6.99%), Calcium: 60.88mg (6.09%), Folate: 23.43µg (5.86%), Vitamin K: 5.33µg (5.08%), Vitamin D: 0.43µg (2.87%)