



Indian Butter Chicken (Makhani Chicken)

 Gluten Free

READY IN



315 min.

SERVINGS



6

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 2 tablespoons butter melted
- 1 tablespoon chili powder
- 0.5 teaspoon fenugreek leaves dried
- 0.5 tablespoon garam masala
- 1 tablespoon garam masala
- 1 tablespoon garlic chopped
- 2 tablespoons ginger/garlic paste

- 1 tablespoon ginger paste
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- 1 tablespoon chile pepper green chopped
- 1 cup heavy cream
- 1 tablespoon honey
- 1 tablespoon juice of lemon
- 2 tablespoons juice of lemon
- 2 tablespoons olive oil
- 6 servings salt to taste
- 1.8 pounds chicken breast halves boneless skinless cubed
- 2 cups tomato purée
- 1 cup water
- 1 cup yogurt

Equipment

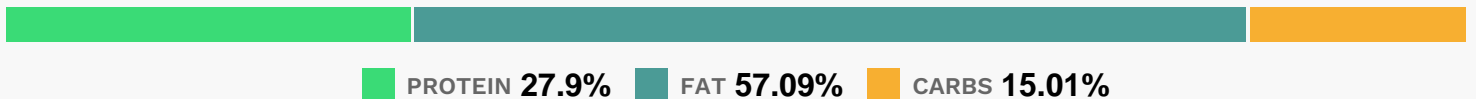
- bowl
- sauce pan
- oven
- baking pan
- skewers

Directions

- Place chicken in a nonporous glass dish or bowl with lemon juice, 1 tablespoon chili powder and salt. Toss to coat; cover dish and refrigerate to marinate for 1 hour.
- Drain yogurt in a cloth for 15 to 20 minutes.
- Place in a medium bowl; mix in salt, garlic paste, garam masala, butter, chili powder, ginger paste, lemon juice and oil.
- Pour yogurt mixture over chicken, replace cover and refrigerate to marinate for another 3 to 4 hours.

- Preheat oven to 400 degrees F (200 degrees C).
- Place chicken on skewers.
- Place skewers in a 9x13 inch baking dish and bake in preheated oven for 20 minutes, or until almost cooked through.
- To Make Sauce: Melt butter in a medium saucepan over medium heat. Stir in garam masala. When masala begins to crackle, mix in ginger paste, chopped garlic and green chile peppers.
- Saute until tender, then stir in tomato puree, chili powder, salt and water. Bring to a boil; reduce heat to low and simmer, stirring in honey and fenugreek.
- Place chicken in sauce mixture. Continue cooking for another 5 minutes, or until chicken is no longer pink inside. Stir in fresh cream.

Nutrition Facts



Properties

Glycemic Index:39.38, Glycemic Load:2.46, Inflammation Score:-8, Nutrition Score:23.115217395451%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 471.23kcal (23.56%), Fat: 29.99g (46.14%), Saturated Fat: 15.04g (93.99%), Carbohydrates: 17.73g (5.91%), Net Carbohydrates: 15.14g (5.51%), Sugar: 10.59g (11.76%), Cholesterol: 149.85mg (49.95%), Sodium: 483.09mg (21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.98g (65.96%), Vitamin B3: 15.35mg (76.74%), Selenium: 46.31µg (66.16%), Vitamin B6: 1.24mg (61.94%), Phosphorus: 390.71mg (39.07%), Vitamin A: 1679.9IU (33.6%), Potassium: 1036.58mg (29.62%), Vitamin B5: 2.6mg (25.99%), Vitamin E: 3.72mg (24.8%), Vitamin B2: 0.36mg (21.12%), Vitamin C: 16.49mg (19.99%), Copper: 0.34mg (16.78%), Magnesium: 66.79mg (16.7%), Manganese: 0.3mg (15.11%), Iron: 2.49mg (13.86%), Calcium: 117.48mg (11.75%), Zinc: 1.57mg (10.47%), Fiber: 2.59g (10.38%), Vitamin B1: 0.14mg (9.63%), Vitamin K: 9.4µg (8.95%), Vitamin B12: 0.49µg (8.18%), Folate: 21.69µg (5.42%), Vitamin D: 0.81µg (5.39%)