



Indian Butter Chicken Naan Pizza with Lime & Peanut Slaw

READY IN



395 min.

SERVINGS



8

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 2 tablespoons vegetable oil
- 1 medium onion chopped
- 2 tablespoons ginger grated
- 2 tablespoons garlic finely chopped
- 1 teaspoon ground cardamom
- 2 teaspoons garam masala
- 1 teaspoon chili powder

- 0.5 teaspoon ground coriander
- 2 bay leaves dried
- 6 oz canned tomatoes canned
- 14 oz lite coconut milk light canned
- 2 lb chicken breast boneless skinless cut into bite-size pieces
- 6 oz greek yogurt plain
- 0.3 teaspoon salt
- 8 wholewheat pita breads
- 1 oz cheese shredded
- 16 oz coleslaw mix (8 cups)
- 1.5 cups roasted peanuts
- 0.8 cup cilantro leaves fresh chopped
- 0.3 cup juice of lime
- 3 tablespoons olive oil
- 0.3 teaspoon sea salt

Equipment

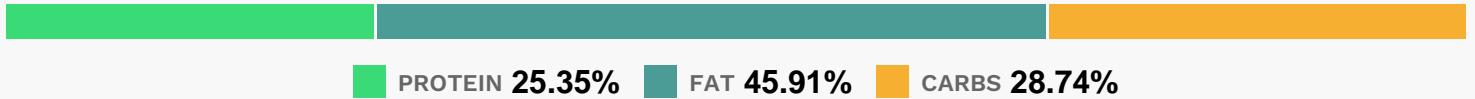
- frying pan
- baking sheet
- oven
- slow cooker

Directions

- Spray 4-quart slow cooker with cooking spray. In 10-inch skillet, melt butter with vegetable oil over medium heat.
- Add onion and garlic; cook about 5 minutes or until onion is softened.
- Stir in cardamom, garam masala, chili powder and coriander. Cook 2 minutes longer, stirring frequently.
- Stir in tomato paste and coconut milk.

- Heat until thoroughly blended.
- Pour mixture into slow cooker.
- Add chicken, yogurt and salt; stir to mix.
- Cover; cook on Low heat setting 6 to 8 hours (or on High heat setting 4 hours).
- To make pizzas, set oven control to broil.
- Place naan breads on ungreased cookie sheet. Top each with desired amount of chicken mixture.
- Sprinkle each with mozzarella cheese.
- Broil until cheese is melted.
- Just before serving, stir together all Slaw ingredients. Top pizzas with slaw.

Nutrition Facts



Properties

Glycemic Index:45.63, Glycemic Load:30.86, Inflammation Score:-7, Nutrition Score:29.130000088526%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 649.76kcal (32.49%), Fat: 33.42g (51.41%), Saturated Fat: 9.9g (61.89%), Carbohydrates: 47.08g (15.7%), Net Carbohydrates: 40.89g (14.87%), Sugar: 4.29g (4.77%), Cholesterol: 84.71mg (28.24%), Sodium: 835.18mg (36.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.51g (83.03%), Vitamin B3: 17.66mg (88.32%), Selenium: 42.25µg (60.36%), Manganese: 1.21mg (60.27%), Vitamin K: 59.25µg (56.43%), Vitamin B6: 1.11mg (55.66%), Phosphorus: 477.44mg (47.74%), Vitamin C: 29.32mg (35.54%), Magnesium: 109.67mg (27.42%), Potassium: 955.88mg (27.31%), Vitamin B5: 2.54mg (25.43%), Vitamin B1: 0.38mg (25.4%), Fiber: 6.19g (24.77%), Folate: 86.87µg (21.72%), Copper: 0.39mg (19.32%), Vitamin B2: 0.31mg (18.53%), Calcium: 173.11mg (17.31%), Iron: 2.64mg (14.68%), Zinc: 2.19mg (14.57%), Vitamin E: 1.87mg (12.49%), Vitamin A: 441.51IU (8.83%), Vitamin B12: 0.42µg

(6.99%)