



Indian-Style Chicken and Onions

 **Gluten Free**

READY IN



60 min.

SERVINGS



4

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds skin-on chicken drumsticks
- ☐ 1 tablespoon fenugreek leaves dried
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 2 inch ginger fresh peeled thinly sliced
- ☐ 1 teaspoon garam masala
- ☐ 6 cloves garlic
- ☐ 0.3 cup ghee clarified butter
- ☐ 2 teaspoons ground coriander

- ☐ 4 servings salt and ground pepper black to taste
- ☐ 0.5 teaspoon ground turmeric
- ☐ 0.5 cup heavy whipping cream
- ☐ 0.8 cup milk
- ☐ 3 plum tomatoes grated
- ☐ 2 serrano chile peppers stemmed
- ☐ 3 tablespoons water
- ☐ 1 large onion white sliced

Equipment

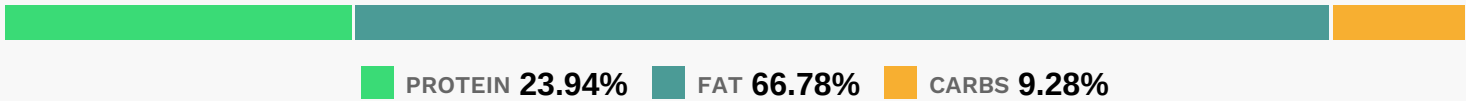
- ☐ food processor
- ☐ sauce pan
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Puree water, garlic, serrano chile peppers, and ginger together in a blender or food processor until smooth.
- ☐ Heat ghee in a 6-quart saucepan over medium heat. Season chicken with salt and pepper. Cook chicken in hot ghee until browned, 3 to 4 minutes per side.
- ☐ Transfer chicken to a plate.
- ☐ Cook and stir garlic puree in the 6-quart saucepan until golden, 2 to 3 minutes.
- ☐ Add onion; cook and stir until golden, 5 to 7 minutes.
- ☐ Add fenugreek, coriander, garam masala, and turmeric to onion mixture; cook and stir until fragrant, about 1 minute.
- ☐ Stir tomatoes into onion mixture; cook and stir until tomatoes are lightly browned, 4 to 6 minutes.
- ☐ Add chicken, milk, and cream; bring to a boil. Reduce heat to medium, cover saucepan, and cook until chicken is no longer pink in the center and tender, 15 to 20 minutes.

Transfer chicken to a serving platter using a slotted spoon. Continue cooking sauce until slightly reduced, 5 to 7 more minutes. Stir cilantro into sauce and pour over chicken.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:2.59, Inflammation Score:-9, Nutrition Score:17.832608637602%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg

Nutrients (% of daily need)

Calories: 509.5kcal (25.48%), Fat: 37.99g (58.45%), Saturated Fat: 18.44g (115.26%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 9.77g (3.55%), Sugar: 6.12g (6.8%), Cholesterol: 207.7mg (69.23%), Sodium: 191mg (8.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.65g (61.29%), Selenium: 32.39µg (46.28%), Vitamin B3: 7.89mg (39.45%), Vitamin B6: 0.71mg (35.42%), Phosphorus: 353.08mg (35.31%), Vitamin B2: 0.41mg (23.89%), Zinc: 3.46mg (23.05%), Vitamin A: 1088.47IU (21.77%), Vitamin B5: 1.95mg (19.54%), Potassium: 669.68mg (19.13%), Vitamin B12: 1.13µg (18.84%), Vitamin C: 12.88mg (15.62%), Manganese: 0.28mg (13.76%), Magnesium: 54.53mg (13.63%), Vitamin B1: 0.2mg (13.62%), Vitamin K: 13.48µg (12.83%), Calcium: 122.63mg (12.26%), Iron: 1.63mg (9.08%), Copper: 0.18mg (9.06%), Fiber: 2.11g (8.44%), Vitamin D: 1.13µg (7.54%), Vitamin E: 0.92mg (6.13%), Folate: 22µg (5.5%)