



Paneer Butter Masala



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



377 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 8 ounce tomato sauce canned
- ☐ 0.5 teaspoon garam masala
- ☐ 1 teaspoon ginger/garlic paste
- ☐ 1 teaspoon ginger paste
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 cup half-and-half

- ☐ 0.5 cup milk
- ☐ 2 onions finely chopped
- ☐ 0.5 pound paneer cut into 1/2-inch cubes
- ☐ 1 tablespoon ground cashews
- ☐ 1 teaspoon ground chiles red
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup vegetable oil
- ☐ 0.5 teaspoon sugar white

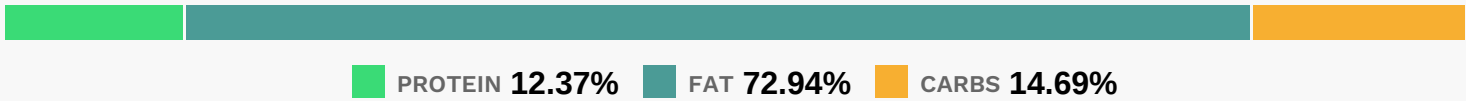
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat oil in a large skillet over medium heat; fry paneer in 2 batches until golden, about 5 minutes.
- ☐ Transfer fried paneer to a paper towel-lined plate to drain, retaining vegetable oil in skillet.
- ☐ Melt butter in the same skillet over medium heat; cook and stir onion until golden brown, about 10 minutes.
- ☐ Add ginger paste and garlic paste. Continue to cook until fragrant, about 1 minute more. Stir cashews, ground red chiles, cumin, coriander, and garam masala into onion mixture. Cook and stir for 1 minute.
- ☐ Stir tomato sauce, half-and-half, milk, sugar, and salt into spice mixture; simmer until thickened, about 5 minutes. Reduce heat to low.
- ☐ Add fried paneer and simmer until heated through, about 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:83.82, Glycemic Load:3.33, Inflammation Score:-6, Nutrition Score:8.6865216856417%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg

Nutrients (% of daily need)

Calories: 377.39kcal (18.87%), Fat: 31.22g (48.03%), Saturated Fat: 15.88g (99.23%), Carbohydrates: 14.15g (4.72%), Net Carbohydrates: 12.05g (4.38%), Sugar: 7.8g (8.67%), Cholesterol: 66.72mg (22.24%), Sodium: 652.59mg (28.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.91g (23.82%), Calcium: 371.95mg (37.2%), Vitamin K: 13.87µg (13.21%), Vitamin C: 10.58mg (12.83%), Vitamin A: 593.22IU (11.86%), Phosphorus: 112.03mg (11.2%), Manganese: 0.21mg (10.58%), Potassium: 369.3mg (10.55%), Vitamin E: 1.57mg (10.45%), Vitamin B2: 0.16mg (9.44%), Vitamin B6: 0.19mg (9.44%), Fiber: 2.09g (8.36%), Copper: 0.15mg (7.74%), Magnesium: 30.48mg (7.62%), Iron: 1.09mg (6.04%), Vitamin B1: 0.08mg (5.44%), Vitamin B5: 0.48mg (4.83%), Folate: 17.65µg (4.41%), Zinc: 0.65mg (4.36%), Selenium: 3µg (4.28%), Vitamin B12: 0.23µg (3.9%), Vitamin B3: 0.76mg (3.81%), Vitamin D: 0.34µg (2.24%)