

Paneer Makhani

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 16 ounce chickpeas drained canned
- 2 teaspoons chili powder
- 1 inch ginger fresh grated
- 2 teaspoons garam masala
- 2 teaspoons ground cumin
- 4 servings salt and ground pepper black to taste
- 1 cup half-and-half

- 1 optional: lemon sliced into rounds
- 1 tablespoon olive oil
- 6 ounces paneer cut into 1/2-inch cubes
- 0.3 cup yogurt plain
- 0.3 onion red chopped
- 3.5 tablespoons tomato paste

Equipment

- frying pan
- sauce pan

Directions

- Heat 1 tablespoon olive oil in a large saucepan over medium heat. Cook and stir red onion in the hot oil until fragrant, about 1 minute.
- Add butter, lemon, ginger, garam masala, chili powder, and cumin; stir to coat, about 1 minute.
- Stir half-and-half, yogurt, and tomato paste into onion mixture and cook until well mixed and smooth, about 5 minutes.
- Heat 1 tablespoon olive oil in a separate skillet over low heat. Pan-fry paneer in the hot oil until slightly brown, about 5 minutes per side.
- Mix cooked paneer and chickpeas into the spiced cream sauce. Simmer until heated through, about 10 minutes.

Nutrition Facts



PROTEIN 14.92% **FAT 59.09%** **CARBS 25.99%**

Properties

Glycemic Index:64.71, Glycemic Load:5.89, Inflammation Score:-7, Nutrition Score:14.884782588028%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.34mg,

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 401.6kcal (20.08%), Fat: 27.3g (41.99%), Saturated Fat: 13.54g (84.62%), Carbohydrates: 27.02g (9.01%), Net Carbohydrates: 19.89g (7.23%), Sugar: 6.01g (6.68%), Cholesterol: 58.76mg (19.59%), Sodium: 522.83mg (22.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.51g (31.01%), Manganese: 1.06mg (52.76%), Calcium: 354.92mg (35.49%), Vitamin B6: 0.66mg (33%), Fiber: 7.14g (28.55%), Vitamin C: 18.79mg (22.78%), Phosphorus: 190.26mg (19.03%), Vitamin A: 863.13IU (17.26%), Iron: 2.9mg (16.13%), Potassium: 502.99mg (14.37%), Copper: 0.27mg (13.4%), Magnesium: 53.38mg (13.34%), Vitamin E: 1.81mg (12.07%), Vitamin B2: 0.2mg (11.73%), Folate: 37.89µg (9.47%), Zinc: 1.33mg (8.84%), Selenium: 5.73µg (8.19%), Vitamin B5: 0.67mg (6.71%), Vitamin B1: 0.09mg (6.05%), Vitamin K: 6.07µg (5.78%), Vitamin B3: 0.87mg (4.34%), Vitamin B12: 0.18µg (2.96%)