

 **2%**
HEALTH SCORE

Paneer Makhani

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



186 kcal

SIDE DISH

Ingredients

- 1 cup curd cottage cheese cubed (Indian Cottage cheese)
- 1 medium onion skinless
- 1 clove garlic
- 1 teaspoon ginger grated
- 0.5 teaspoon turmeric
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 2 teaspoons tomato paste mixed

- 2 teaspoons fenugreek leaves dried (fenugreek leaves)
- 0.5 cup cup heavy whipping cream
- 4 servings salt to taste
- 0.5 teaspoon sugar
- 1 teaspoon canola oil
- 2 teaspoons chili powder red (Kashmiri Chilli Powder)

Equipment

- frying pan

Directions

- Heat the oil in a pan. Grate the onion and the garlic into it.
- Add the grated ginger as well.
- Let it saut for 2 mins.
- Add in the turmeric powder, coriander powder, cumin powder and kashmiri mirch and saut for a couple more minutes.
- Add the kasuri methi and the tomato paste mixed in water.
- Add some more water if required.
- When it starts to boil, add the salt and paneer cubes.
- Let it cook in the gravy for a couple of minutes.
- Add the cream and sugar and mix well. Dont let it boil after you have added the cream, just simmer for 15 minutes or so.

Nutrition Facts



PROTEIN 15.69% **FAT 68.01%** **CARBS 16.3%**

Properties

Glycemic Index:57.27, Glycemic Load:1.69, Inflammation Score:-9, Nutrition Score:5.6404347826087%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 185.66kcal (9.28%), Fat: 14.42g (22.19%), Saturated Fat: 7.88g (49.25%), Carbohydrates: 7.78g (2.59%), Net Carbohydrates: 6.49g (2.36%), Sugar: 4.41g (4.9%), Cholesterol: 42.54mg (14.18%), Sodium: 409.71mg (17.81%), Protein: 7.49g (14.97%), Vitamin A: 860.04IU (17.2%), Phosphorus: 120.98mg (12.1%), Vitamin B2: 0.17mg (9.86%), Selenium: 6.77µg (9.67%), Calcium: 84.14mg (8.41%), Vitamin E: 1.03mg (6.89%), Manganese: 0.12mg (6.14%), Potassium: 199.65mg (5.7%), Vitamin B6: 0.11mg (5.59%), Iron: 0.93mg (5.17%), Fiber: 1.28g (5.14%), Vitamin B12: 0.27µg (4.56%), Vitamin B5: 0.42mg (4.21%), Vitamin C: 3.34mg (4.05%), Magnesium: 16.15mg (4.04%), Vitamin D: 0.53µg (3.52%), Folate: 13.58µg (3.39%), Copper: 0.06mg (3.22%), Vitamin K: 3.25µg (3.09%), Zinc: 0.46mg (3.06%), Vitamin B1: 0.04mg (2.89%), Vitamin B3: 0.37mg (1.83%)