



Seitan Makhani (Vegan-Style Indian Butter Chicken)

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bay leaf
- 0.3 teaspoon cayenne pepper to taste
- 1 teaspoon chili powder
- 1 tablespoon cornstarch
- 2 teaspoons curry powder
- 2 teaspoons garam masala
- 2 cloves garlic minced

- 2 teaspoons ground cumin
- 1 teaspoon ground ginger
- 2 teaspoons juice of lemon
- 0.3 cup onion chopped
- 1.5 teaspoons vegetable oil; peanut oil preferred
- 1 pinch salt and pepper black to taste
- 16 ounce seitan chicken-style cut into strips or cubes
- 1 shallots finely chopped
- 1 cup soy milk
- 1 cup tomato purée
- 2 tablespoons vegan margarine
- 0.3 cup water cold
- 0.3 cup vegan yogurt plain

Equipment

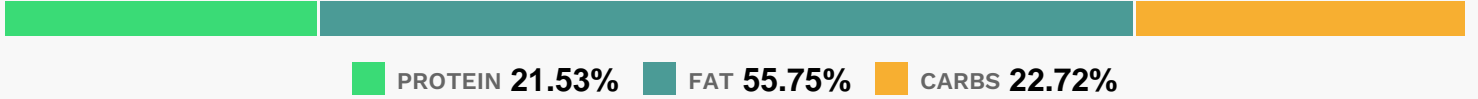
- frying pan
- sauce pan
- stove

Directions

- Heat 1 tablespoon peanut oil in a saucepan over medium heat. Stir in the shallot and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- Add the margarine, lemon juice, ginger, garlic, garam masala, curry powder, chili powder, cumin, and bay leaf. Cook and stir for 1 minute. Stir in the tomato puree and cook for 2 minutes more.
- Reduce the heat to low, and mix in the soy milk and soy yogurt. Simmer for 10 minutes, stirring frequently. Season to taste with cayenne, salt, and black pepper; remove from heat and set aside.
- Heat 1 1/2 teaspoons of peanut oil in a heavy skillet (preferably cast iron) over medium heat.

- Add the seitan and cook, stirring constantly, for 10 minutes. Reduce the heat to low and season the seitan with 2 teaspoons garam masala and a pinch of cayenne. Stir in about a 1/4 cup of the tomato–yogurt sauce and simmer for 2 to 3 minutes.
- Transfer the seitan mixture to the saucepan.
- Mix the cornstarch and cold water. Return the saucepan to the stove over medium–high heat. Stir the cornstarch mixture into the sauce. Bring to a boil; reduce the heat and simmer until the sauce has thickened, about 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:30.24, Glycemic Load:0.92, Inflammation Score:-6, Nutrition Score:10.208260899005%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 176.9kcal (8.84%), Fat: 11.1g (17.09%), Saturated Fat: 2.87g (17.94%), Carbohydrates: 10.18g (3.39%), Net Carbohydrates: 8.31g (3.02%), Sugar: 4.32g (4.8%), Cholesterol: 28.54mg (9.51%), Sodium: 107.67mg (4.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.65g (19.3%), Vitamin B3: 4.57mg (22.84%), Vitamin E: 3.35mg (22.35%), Vitamin B6: 0.33mg (16.72%), Vitamin A: 766.58IU (15.33%), Manganese: 0.29mg (14.5%), Vitamin C: 10.08mg (12.22%), Iron: 2.17mg (12.04%), Potassium: 397.16mg (11.35%), Copper: 0.22mg (11.02%), Vitamin B2: 0.18mg (10.81%), Selenium: 7.34µg (10.48%), Vitamin B12: 0.58µg (9.58%), Calcium: 95.72mg (9.57%), Phosphorus: 94.44mg (9.44%), Fiber: 1.88g (7.51%), Magnesium: 26.05mg (6.51%), Folate: 24.68µg (6.17%), Zinc: 0.92mg (6.12%), Vitamin B5: 0.6mg (5.95%), Vitamin K: 5.85µg (5.57%), Vitamin B1: 0.08mg (5.01%), Vitamin D: 0.55µg (3.7%)