



Taj Maholla! Chicken

 Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 2 teaspoons peppercorns black
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon canola oil
- ☐ 0.5 teaspoon chili powder
- ☐ 2 teaspoons chili powder
- ☐ 2 cinnamon sticks whole

- ☐ 2 tablespoons coriander seeds
- ☐ 2 tablespoons cumin seeds
- ☐ 0.5 cup garlic minced
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 cup ginger minced
- ☐ 1 teaspoon ginger minced
- ☐ 0.5 cup heavy cream
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons pomegranate juice
- ☐ 1 cup onion diced red
- ☐ 3 roma tomatoes seeded chopped
- ☐ 2 teaspoons salt
- ☐ 2 cardamom seeds whole crushed
- ☐ 2 pounds chicken thighs bone-in skinless
- ☐ 0.5 teaspoon turmeric
- ☐ 1 teaspoon turmeric

Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan

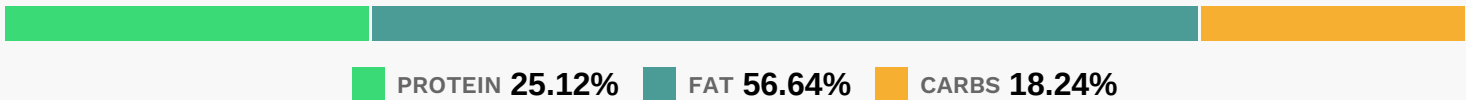
Directions

- ☐ Preheat oven to 400 degrees F. In large saute pan, over medium heat, heat oil.
- ☐ Add garlic and ginger and slowly cook until soft, about 3 minutes.
- ☐ Add chili powder, turmeric, Garam Masala and pomegranate juice.
- ☐ Let cool slightly. Rub chicken well with mixture and bake in a shallow baking pan for 25 minutes. Chicken will be three-quarters of the way cooked. When chicken is cool to the

touch, remove bones and shred meat into 1/2-inch pieces. Set aside.

- ☐ Meanwhile to make Butter Sauce: In a large skillet, heat olive oil over medium high heat.
- ☐ Saute onions, ginger and garlic until light brown, about 4 minutes.
- ☐ Add tomatoes and continue sauteing until tomatoes begin to fall apart, about 5 minutes.
- ☐ Add spices and continue to cook 5 minutes.
- ☐ Transfer to a blender and puree until smooth. Return puree back to pan and add cream and butter. Bring to a simmer and reduce for 5 minutes.
- ☐ Add shredded chicken and saute for 6 minutes more until chicken is cooked through.
- ☐ Add salt and pepper, to taste.
- ☐ Serve with basmati rice, if desired.
- ☐ In a small saute pan, over medium-high heat, lightly toast spices beginning with cumin and coriander. Toast until fragrant, about 1 minute.
- ☐ Add peppercorns and cardamom and continue to toast another minute.
- ☐ Add cinnamon, cloves, and bay leaf and toast another minute. In a spice grinder, grind to a fine powder. Keep spice blend stored in a tightly sealed container for up to 4 weeks.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:1.81, Inflammation Score:-10, Nutrition Score:12.742608780446%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 237.79kcal (11.89%), Fat: 15.43g (23.74%), Saturated Fat: 6.42g (40.09%), Carbohydrates: 11.18g (3.73%), Net Carbohydrates: 8.32g (3.02%), Sugar: 2.63g (2.92%), Cholesterol: 88.97mg (29.66%), Sodium: 686.56mg (29.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.4g (30.8%), Manganese: 0.84mg (41.79%),

Selenium: 17.91µg (25.58%), Vitamin B6: 0.5mg (25.06%), Vitamin B3: 4.29mg (21.45%), Phosphorus: 182.64mg (18.26%), Vitamin A: 733.8IU (14.68%), Iron: 2.62mg (14.55%), Potassium: 418.1mg (11.95%), Fiber: 2.86g (11.46%), Vitamin B2: 0.19mg (11.19%), Vitamin K: 11.13µg (10.6%), Magnesium: 40.9mg (10.22%), Vitamin C: 8.31mg (10.08%), Zinc: 1.51mg (10.08%), Vitamin B5: 1mg (10.05%), Vitamin E: 1.39mg (9.3%), Calcium: 84.52mg (8.45%), Vitamin B1: 0.12mg (7.92%), Copper: 0.16mg (7.81%), Vitamin B12: 0.47µg (7.75%), Folate: 13.04µg (3.26%), Vitamin D: 0.24µg (1.59%)