



WHATSheATE



Wendy's Indian Butter Chicken



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 teaspoon chili powder
- ☐ 2 teaspoons garam masala
- ☐ 1 clove garlic
- ☐ 1 large bell pepper green
- ☐ 0.5 cup heavy cream
- ☐ 1 tablespoon salt
- ☐ 4 chicken breast halves boneless skinless cut into bite-size pieces

- ☐ 8 tomatoes
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons water

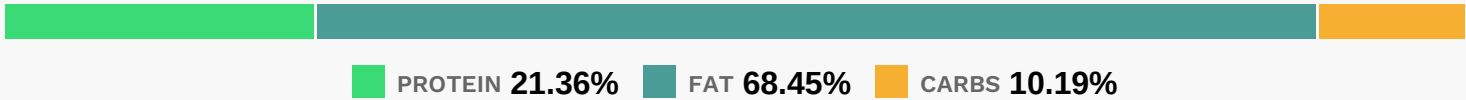
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ Heat the oil in a skillet over medium heat. Finely chop the onions and garlic in a blender or food processor, and cook in the skillet until tender. Puree the tomatoes and green bell pepper in the blender or food processor, and mix into the skillet. Season with salt, garam masala, and chili powder. Stir in the cream and butter, and continue cooking until heated through.
- ☐ Mix the chicken into the skillet. Cover, and simmer 20 minutes, or until chicken juices run clear.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:1.81, Inflammation Score:-9, Nutrition Score:17.783478384433%

Flavonoids

Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 340.76kcal (17.04%), Fat: 26.37g (40.57%), Saturated Fat: 11.31g (70.66%), Carbohydrates: 8.84g (2.95%), Net Carbohydrates: 6.16g (2.24%), Sugar: 5.58g (6.2%), Cholesterol: 90.96mg (30.32%), Sodium: 1331.58mg (57.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.52g (37.03%), Vitamin C: 45.63mg (55.3%), Vitamin B3: 9.02mg (45.11%), Vitamin A: 2116.65IU (42.33%), Vitamin B6: 0.78mg (38.85%), Selenium: 24.94µg (35.63%),

Vitamin K: 33.49µg (31.9%), Phosphorus: 218.57mg (21.86%), Potassium: 745.1mg (21.29%), Vitamin E: 2.4mg (16.02%), Vitamin B5: 1.31mg (13.13%), Manganese: 0.25mg (12.44%), Fiber: 2.68g (10.74%), Magnesium: 42.64mg (10.66%), Vitamin B2: 0.16mg (9.31%), Vitamin B1: 0.13mg (8.72%), Folate: 31.53µg (7.88%), Copper: 0.14mg (7.19%), Zinc: 0.83mg (5.54%), Iron: 0.91mg (5.08%), Calcium: 41.13mg (4.11%), Vitamin B12: 0.2µg (3.31%), Vitamin D: 0.39µg (2.62%)