

# Easy Indian Butter Chicken

Yield: 5 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-butter-chicken-recipe-yogurt>

## Ingredients:

- 1 1/2 pounds boneless skinless chicken breasts about 3 chopped into bite sized chunks
- 7 ounces greek yogurt plain 2% fat
- 1 tablespoon lemon juice
- 2 teaspoons Garam Masala
- 1 teaspoon coarsely ground black pepper
- 15 ounces tomato sauce canned, or puree
- 2 cups heavy whipping cream
- 5 cloves garlic minced
- 4 tablespoons salted butter
- 2 teaspoons Garam Masala
- 1 teaspoon paprika
- 1/8 teaspoon cayenne
- cauliflower rice
- cauliflower rice
- white rice
- white rice
- naan
- chopped fresh cilantro

## Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 250 milligrams
4. Fat: 53 grams
5. Fiber: 4 grams
6. Protein: 37 grams
7. SaturatedFat: 31 grams
8. Sodium: 690 milligrams
9. Sugar: 11 grams

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