

Low Carb Keto Indian Butter Chicken

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 1 tablespoon garam masala spice mix
- 1 teaspoon cumin
- 1/2 teaspoon coriander
- 1/2 teaspoon turmeric
- 1/4 teaspoon black pepper
- 1/4 teaspoon canela
- 1/4 teaspoon fenugreek
- 1 pound skinless chicken breasts
- 2 teaspoons spice mix from recipe above
- 1/2 teaspoon sea salt
- 2 cloves garlic crushed
- 2 tablespoons fresh lemon juice
- 3 tablespoons sour cream
- 4 tablespoons ghee
- 1 yellow onion medium, diced
- 3 cloves garlic crushed
- 1 inch fresh ginger piece, grated
- spice mix Remaining, from recipe above
- 1/2 teaspoon sea salt
- 1/4 teaspoon crushed red pepper flakes more or less to taste
- 1 1/2 cups bone broth low-sodium chicken, or water
- 4 tablespoons tomato paste
- 1/2 cup heavy whipping cream grass-fed
- 1 handful cilantro leaves fresh
- red onion Sliced

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 120 milligrams
4. Fat: 27 grams
5. Fiber: 3 grams
6. Protein: 28 grams
7. SaturatedFat: 9 grams
8. Sodium: 1490 milligrams
9. Sugar: 6 grams

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