

# Whole30 Indian Butter Chicken

Yield: 4 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-recipe-nuts-and-dates-chutney>

## Ingredients:

- 1 pound chicken breast boneless and skinless
- 1 pound chicken thigh boneless and skinless
- 1/2 cup coconut cream
- 1 tablespoon paprika
- 1 teaspoon turmeric
- 1 tablespoon Garam Masala
- 1/2 teaspoon salt
- 1 tablespoon garlic minced
- 1 teaspoon ginger fresh and grated
- 1 teaspoon chili powder
- 1/2 yellow onion chopped
- 1 teaspoon garlic minced
- 14 ounces diced tomatoes drained
- 1 tablespoon ground coriander
- 1 tablespoon Garam Masala
- 1 handful cashews
- 1 teaspoon ginger freshly grated
- 1 tablespoon ghee
- 1 cup chicken stock
- 2 dates chopped

## Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 170 milligrams
4. Fat: 48 grams
5. Fiber: 6 grams
6. Protein: 54 grams
7. SaturatedFat: 17 grams

8. Sodium: 620 milligrams
  9. Sugar: 9 grams
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