

# Indian Butter Chicken (Murgh Makhani)

Yield: 4 min

Total Time: 110 min

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

## Ingredients:

- 1/3 cup nonfat yogurt plain
- 1 tablespoon tandoori masala powder
- 1 1/2 pounds boneless, skinless chicken thighs cut into 1-inch pieces
- 1/2 onion chopped
- 1 piece fresh ginger
- 1 clove garlic
- 2 tablespoons water
- 3 tablespoons cooking oil divided
- 2 teaspoons garam masala
- 1/4 teaspoon chili powder Indian
- 1 cup tomato sauce
- 1 cup half and half
- 2 tablespoons butter
- 1 teaspoon fenugreek leaves dried
- 1 teaspoon salt

## Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 150 milligrams
4. Fat: 30 grams
5. Fiber: 3 grams
6. Protein: 40 grams
7. SaturatedFat: 11 grams
8. Sodium: 1140 milligrams
9. Sugar: 8 grams

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