

Low-Carb Indian Butter Chicken

Yield: 4 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/low-carb-indian-taco-recipe>

Ingredients:

- 2 pounds boneless skinless chicken thighs
- 1 tablespoon avocado oil or olive oil in a pinch
- 1 large onion chopped
- 2 tablespoons garlic chopped
- 2 tablespoons butter
- 6 ounces tomato paste
- 1 teaspoon sea salt
- 1 teaspoon Garam Masala
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1/4 teaspoon red pepper flakes optional for spice
- 1/4 teaspoon cayenne optional for spice
- 1/4 teaspoon turmeric optional—it stains clothes

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 160 milligrams
4. Fat: 16 grams
5. Fiber: 3 grams
6. Protein: 50 grams
7. SaturatedFat: 6 grams
8. Sodium: 1230 milligrams
9. Sugar: 6 grams

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