



 **65%**
HEALTH SCORE

Aarti's Easy Tandoori Chicken

 **Gluten Free**  **Very Healthy**

READY IN



150 min.

SERVINGS



2

CALORIES



875 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 chiles de árbol
- 4 seeds from cardamom pods green
- 1 tablespoon coriander seeds
- 3 tablespoons fenugreek seeds
- 2 inch ginger fresh peeled
- 8 cloves garlic
- 1 teaspoon ground cinnamon
- 1 teaspoon honey

- 2 juice of lime
- 2 servings kosher salt and pepper black freshly ground
- 2 servings kosher salt and pepper black freshly ground to taste
- 2 servings juice of lemon to taste
- 4 cups salad greens mixed
- 2 servings olive oil to taste
- 3 tablespoons paprika
- 0.5 cup vegetable oil; peanut oil preferred
- 4 cups yogurt plain (recommended: full fat)
- 1 seeds from cardamom pod black
- 2 chicken breasts boneless skinless
- 1 tablespoon vegetable oil

Equipment

- food processor
- frying pan
- blender
- grill

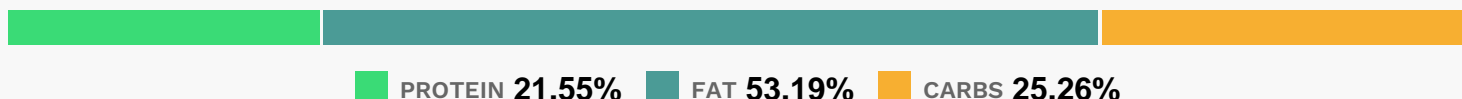
Directions

- Toss the chicken breasts in 1 cup tandoori marinade. Cover and refrigerate for at least 2 hours, or up to overnight.
- In a saute pan, heat the vegetable oil, and cook the chicken for about 7 minutes per side, until cooked through. Alternately, you can also grill the chicken.
- Remove the chicken from the pan and pour the remaining 1 cup of marinade into the pan and bring to a gentle simmer. Stir in the honey and turn off the heat. Toss the salad greens with some olive oil, a squirt of lemon juice and salt, and pepper, to taste.
- Serve each chicken breast over a bed of greens and top with the heated tandoori sauce.
- Put the chiles, fenugreek seeds, coriander seeds, cloves, seeds from cardamom pods (Cook's Note: Crush the pods to open, remove the seeds and throw away the hulls.), paprika, and

cinnamon in a saute pan over medium heat until fragrant and toasty, about 5 minutes. Stir to avoid burning.

- Pour the mixture into a coffee or spice grinder and grind to a fine powder.
- Throw the garlic and ginger into a food processor or blender and pulse until finely minced, then add the yogurt, oil, and lime juice. Process the mixture until as smooth as possible.
- Add the spice powder and process again. Season the mixture with salt, and pepper, to taste. Keep the marinade in the refrigerator until ready to use.

Nutrition Facts



Properties

Glycemic Index:102.64, Glycemic Load:7.54, Inflammation Score:-10, Nutrition Score:50.877391213956%

Flavonoids

Eriodictyol: 1.39mg, Eriodictyol: 1.39mg, Eriodictyol: 1.39mg, Eriodictyol: 1.39mg Hesperetin: 4.86mg, Hesperetin: 4.86mg, Hesperetin: 4.86mg, Hesperetin: 4.86mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 875.17kcal (43.76%), Fat: 54.09g (83.22%), Saturated Fat: 16.31g (101.92%), Carbohydrates: 57.81g (19.27%), Net Carbohydrates: 46.58g (16.94%), Sugar: 28.15g (31.28%), Cholesterol: 136.02mg (45.34%), Sodium: 401.79mg (17.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.32g (98.64%), Vitamin A: 6762.83IU (135.26%), Manganese: 2.12mg (106.11%), Phosphorus: 861.19mg (86.12%), Vitamin B6: 1.59mg (79.28%), Selenium: 51.5µg (73.57%), Calcium: 734.5mg (73.45%), Vitamin B3: 14.27mg (71.37%), Vitamin B2: 1.08mg (63.73%), Iron: 10.4mg (57.79%), Potassium: 1904.08mg (54.4%), Vitamin E: 7.99mg (53.26%), Vitamin C: 43.43mg (52.64%), Fiber: 11.23g (44.91%), Magnesium: 175.36mg (43.84%), Vitamin B5: 4.03mg (40.32%), Zinc: 5.23mg (34.85%), Vitamin B12: 2.04µg (33.98%), Vitamin K: 32.22µg (30.68%), Vitamin B1: 0.38mg (25.19%), Copper: 0.48mg (24.15%), Folate: 90.52µg (22.63%), Vitamin D: 0.6µg (4.02%)