



## Almost Tandoori Chicken

READY IN



30 min.

SERVINGS



4

CALORIES



789 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon coriander
- ☐ 1 cup greek yogurt
- ☐ 1 apples green cored peeled thinly sliced into matchsticks
- ☐ 1 teaspoon ground cardamom
- ☐ 0.5 tablespoon ground cumin
- ☐ 1 lime zest
- ☐ 4 pieces naan bread plain warmed store-bought or flavored
- ☐ 2 plum tomatoes seeded very thinly sliced lengthwise
- ☐ 4 servings salt and pepper black freshly ground

- ☐ 4 scallions thinly sliced
- ☐ 2 pounds chicken thighs boneless skinless
- ☐ 1 tablespoon paprika smoked
- ☐ 1 tablespoon turmeric
- ☐ 2 tablespoons vegetable oil

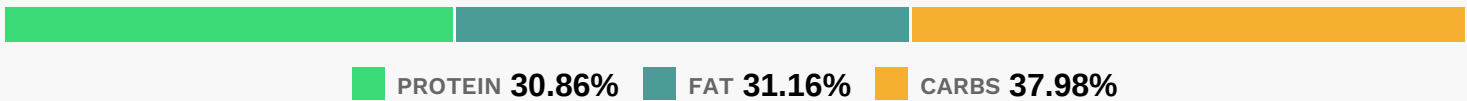
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ broiler pan

## Directions

- ☐ Preheat oven to 500 degrees F.
- ☐ Combine the yogurt with the spices and zest of lime in a large bowl.
- ☐ Cut the chicken into large chunks and season liberally with salt and pepper.
- ☐ Add to the yogurt mixture and toss to coat evenly. Put a small wire rack on a baking sheet or a slotted broiler pan. Arrange the chicken on the rack or slotted pan and roast until charred at the edges and juices run clear, about 15 minutes.
- ☐ Combine the apple, tomatoes and scallions in a serving bowl.
- ☐ Add the lime juice, oil, and salt and pepper, to taste, and toss to combine.
- ☐ Transfer the chicken to a serving platter and serve with apple-tomato topping and warm bread.

## Nutrition Facts



## Properties

Glycemic Index:57, Glycemic Load:2.7, Inflammation Score:-10, Nutrition Score:28.375652313232%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 788.86kcal (39.44%), Fat: 26.9g (41.39%), Saturated Fat: 5.55g (34.68%), Carbohydrates: 73.79g (24.6%), Net Carbohydrates: 68.34g (24.85%), Sugar: 11.97g (13.3%), Cholesterol: 227.88mg (75.96%), Sodium: 1074.3mg (46.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.94g (119.88%), Selenium: 56.58µg (80.83%), Vitamin B3: 13.4mg (67.01%), Vitamin B6: 1.17mg (58.65%), Phosphorus: 527.03mg (52.7%), Vitamin K: 49.63µg (47.26%), Vitamin B2: 0.6mg (35.41%), Vitamin B5: 3.03mg (30.34%), Vitamin B12: 1.8µg (30.02%), Zinc: 4.08mg (27.17%), Vitamin A: 1346.01IU (26.92%), Potassium: 903.45mg (25.81%), Manganese: 0.46mg (22.78%), Iron: 3.94mg (21.89%), Fiber: 5.46g (21.82%), Magnesium: 77.33mg (19.33%), Calcium: 191.27mg (19.13%), Vitamin B1: 0.26mg (17.35%), Vitamin C: 14.13mg (17.13%), Vitamin E: 1.91mg (12.76%), Copper: 0.22mg (11%), Folate: 29.3µg (7.33%)