



Big Daddy's Tandoori Chicken

 Gluten Free

READY IN



100 min.

SERVINGS



4

CALORIES



681 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 pound meat from a rotisserie chicken cut into 8 pieces
- ☐ 3 tablespoons chives chopped
- ☐ 0.5 cup corn grits white stone-ground
- ☐ 1 tablespoon garlic minced
- ☐ 2 tablespoons garlic minced
- ☐ 2 tablespoons ginger root grated
- ☐ 0.5 teaspoon ground cayenne

- ☐ 1 tablespoon ground coriander
- ☐ 1 tablespoon ground cumin
- ☐ 0.5 cup heavy cream
- ☐ 1 juice of lemon juiced
- ☐ 1 tablespoon kosher salt
- ☐ 1 lemon zest juiced
- ☐ 1.5 cups milk
- ☐ 0.5 onion diced
- ☐ 0.5 cup parmesan grated
- ☐ 1 teaspoon cracked pepper black
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 tablespoon paprika smoked
- ☐ 0.5 cup yogurt

Equipment

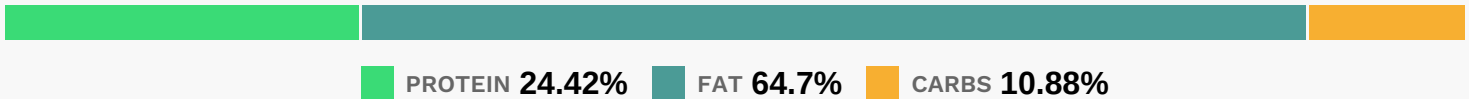
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat a grill to high. Preheat the oven to 400 degrees F.
- ☐ In a medium-sized bowl, mix together the cumin, coriander, paprika, cayenne, salt, pepper, to taste, lemon juice, lemon zest, yogurt, garlic and ginger root until well incorporated.
- ☐ Add chicken and evenly cover with marinade. Cover with plastic wrap refrigerate for 1 to 2 hours.

- ☐ Remove the chicken from the marinade and put on the grill. Cook for 6 to 7 minutes on each side, turning frequently. Baste with remaining marinade while cooking. Lower heat to low and cover with grill lid. Continue to cook until the chicken is cooked through, about 18 to 20 minutes.
- ☐ Put the grits on a serving platter.
- ☐ Remove the chicken from the grill and serve on top of the grits.
- ☐ In a heavy-bottomed large saucepan over medium-high heat, add the butter.
- ☐ Add onion and garlic and cook until softened, about 1 to 2 minutes. Stir in the milk and cream and bring to a boil.
- ☐ Whisk in the grits, then lower the heat and simmer, stirring frequently, until thick and tender, about 35 to 40 minutes.
- ☐ Add the Parmesan, lemon juice, salt, pepper and chives. Stir well. Keep warm until ready to use.

Nutrition Facts



Properties

Glycemic Index:99.25, Glycemic Load:3.12, Inflammation Score:-9, Nutrition Score:24.301738863406%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 680.53kcal (34.03%), Fat: 49.39g (75.98%), Saturated Fat: 22.03g (137.66%), Carbohydrates: 18.7g (6.23%), Net Carbohydrates: 16g (5.82%), Sugar: 9.53g (10.59%), Cholesterol: 194.6mg (64.87%), Sodium: 2167.74mg (94.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.93g (83.87%), Vitamin B3: 12.01mg (60.06%), Phosphorus: 521.16mg (52.12%), Selenium: 31.41µg (44.87%), Vitamin A: 2205.68IU (44.11%), Vitamin B6: 0.84mg (42.05%), Calcium: 387.32mg (38.73%), Vitamin B2: 0.53mg (30.92%), Zinc: 3.57mg (23.8%), Vitamin B5: 2.36mg (23.65%), Vitamin B12: 1.32µg (22.05%), Potassium: 754.67mg (21.56%), Magnesium: 81.18mg (20.3%), Manganese: 0.4mg (20.14%), Iron: 3.59mg (19.96%), Vitamin C: 13.93mg (16.89%), Vitamin B1: 0.23mg (15.33%),

Vitamin D: 1.9µg (12.68%), Vitamin K: 12.14µg (11.56%), Vitamin E: 1.71mg (11.41%), Fiber: 2.7g (10.8%), Copper: 0.19mg (9.28%), Folate: 26.68µg (6.67%)