



Broiled Tandoori Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



177 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons curry powder
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon ginger fresh minced peeled
- 1 garlic clove minced
- 0.5 teaspoon ground cumin
- 0.3 teaspoon ground pepper red
- 1 tablespoon juice of lemon fresh
- 1 tablespoon paprika

- 1 pound chicken breasts boneless skinless cut into 1-inch pieces
- 8 ounce carton yogurt plain low-fat

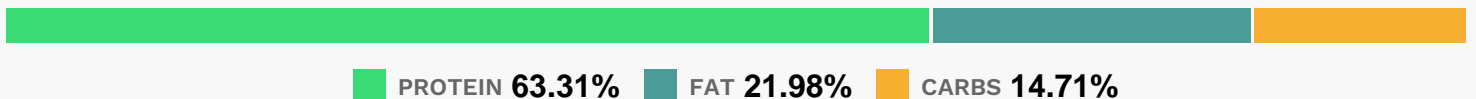
Equipment

- bowl
- broiler
- skewers
- broiler pan

Directions

- Combine first 9 ingredients in a bowl. Stir in chicken; cover and marinate in refrigerator 30 minutes.
- Preheat broiler.
- Remove chicken from marinade, discarding marinade. Thread chicken evenly onto 4 (8-inch) skewers.
- Place chicken on rack of broiler pan coated with cooking spray. Broil 6 minutes; turn skewers, and broil 6 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.19, Inflammation Score:-7, Nutrition Score:15.71434788082%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 177.27kcal (8.86%), Fat: 4.25g (6.54%), Saturated Fat: 1.28g (7.99%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 5.4g (1.96%), Sugar: 4.35g (4.84%), Cholesterol: 75.98mg (25.33%), Sodium: 174.12mg (7.57%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.57g (55.13%), Vitamin B3: 12.15mg (60.75%), Selenium: 38.55µg (55.07%), Vitamin B6: 0.94mg (47.13%), Phosphorus: 332.03mg (33.2%), Vitamin A: 1055.24IU (21.1%), Vitamin B5: 2.01mg (20.14%), Potassium: 630.05mg (18%), Vitamin B2: 0.26mg (15.53%), Calcium: 122.07mg (12.21%), Magnesium: 46.67mg (11.67%), Vitamin B12: 0.54µg (9.07%), Zinc: 1.31mg (8.7%), Vitamin B1: 0.11mg (7.38%), Iron: 1.28mg (7.09%), Vitamin E: 0.99mg (6.59%), Manganese: 0.11mg (5.57%), Vitamin K: 5.72µg (5.45%), Vitamin C: 4.07mg (4.94%), Fiber: 1.01g (4.04%), Folate: 14.53µg (3.63%), Copper: 0.07mg (3.41%)