



Chicken 65

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 500 grams chicken breast boneless
- 2 tsp chili powder
- 4 tbsp ginger/garlic paste
- 0.5 tbsp salt
- 0.3 tsp turmeric
- 4 tbsp yogurt

Equipment

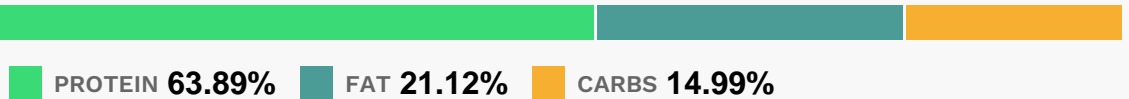
- bowl

frying pan

Directions

- Take a large bowl mix in the ginger and garlic paste, yogurt, red chilly powder, turmeric powder, and salt.
- Mix well to form smooth and thick paste, add the chicken pieces to the masala paste and marinated for 4 hours.
- Heat enough oil in a pan to deep fry the marinated chicken pieces. Deep fry the chicken pieces in batches till crisp and golden color. Note: The taste of the Chicken 65 depends mainly on the amount of time it gets marinated in the masala, it is best to marinate the chicken pieces the day before.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:1.05, Inflammation Score:-7, Nutrition Score:10.335217391304%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 120.9kcal (6.04%), Fat: 2.78g (4.28%), Saturated Fat: 0.79g (4.91%), Carbohydrates: 4.44g (1.48%), Net Carbohydrates: 3.9g (1.42%), Sugar: 0.79g (0.88%), Cholesterol: 55.07mg (18.36%), Sodium: 700.66mg (30.46%), Protein: 18.92g (37.84%), Vitamin B3: 8.88mg (44.4%), Selenium: 28.57µg (40.81%), Vitamin B6: 0.77mg (38.65%), Phosphorus: 205.91mg (20.59%), Vitamin B5: 1.31mg (13.07%), Potassium: 389.08mg (11.12%), Manganese: 0.2mg (10.21%), Vitamin B2: 0.12mg (7.17%), Magnesium: 27.3mg (6.82%), Vitamin A: 305.95IU (6.12%), Vitamin B1: 0.08mg (5.31%), Vitamin C: 4.22mg (5.11%), Zinc: 0.72mg (4.81%), Calcium: 41.9mg (4.19%), Iron: 0.68mg (3.8%), Vitamin B12: 0.22µg (3.6%), Vitamin E: 0.52mg (3.47%), Copper: 0.06mg (3.18%), Fiber: 0.54g (2.17%), Vitamin K: 1.33µg (1.26%), Folate: 4.85µg (1.21%)