



Chicken masala skewers

READY IN



30 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 150 ml fat greek yogurt 0%
- ☐ 2 tbsp masala paste
- ☐ 1 handful coriander leaves chopped
- ☐ 1 juice of lime
- ☐ 4 chicken breasts boneless skinless cut into 6 chunks
- ☐ 4 servings wholemeal chapatis
- ☐ 250 g pack cherry tomatoes hulled quartered
- ☐ 1 onion red finely chopped
- ☐ 1 cucumber cut into chunks

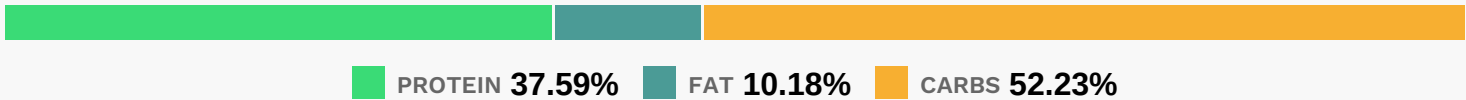
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ skewers

Directions

- ☐ In a large bowl mix the yogurt, paste, half the chopped coriander, half the lime juice and all the the zest. Tip in the chicken, stir to coat and leave in the fridge to marinate for 30 mins if you have time.
- ☐ Thread the chicken onto 8 skewers and cook in batches on a hot griddle pan, frying pan or barbecue for about 10–12 mins, turning until cooked though.
- ☐ Meanwhile, mix the salad ingredients with the remaining lime juice and coriander in a bowl and season.
- ☐ Sprinkle with extra coriander and serve alongside the skewers with warmed wholemeal chapatis.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:1.77, Inflammation Score:-8, Nutrition Score:28.983913131382%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg

Nutrients (% of daily need)

Calories: 393.22kcal (19.66%), Fat: 4.57g (7.02%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 52.69g (17.56%), Net Carbohydrates: 50.75g (18.45%), Sugar: 5.46g (6.06%), Cholesterol: 73.9mg (24.64%), Sodium: 474.11mg (20.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.93g (75.85%), Selenium: 81.31µg (116.16%),

Manganese: 1.97mg (98.25%), Vitamin B3: 15.22mg (76.08%), Vitamin B6: 1.13mg (56.67%), Phosphorus: 481.16mg (48.12%), Magnesium: 135.26mg (33.82%), Vitamin B1: 0.42mg (28.12%), Vitamin C: 22.56mg (27.35%), Vitamin B5: 2.6mg (26.04%), Potassium: 893.43mg (25.53%), Copper: 0.44mg (22.05%), Vitamin B2: 0.34mg (20.27%), Iron: 3.36mg (18.65%), Zinc: 2.64mg (17.61%), Folate: 65.49µg (16.37%), Vitamin K: 13.12µg (12.5%), Vitamin A: 473.97IU (9.48%), Calcium: 93.5mg (9.35%), Fiber: 1.95g (7.79%), Vitamin B12: 0.45µg (7.58%), Vitamin E: 0.64mg (4.25%)