



Chicken Tandoori

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons cilantro leaves fresh chopped
- 3 cloves garlic smashed
- 2 inch ginger peeled roughly chopped
- 2 teaspoons ground coriander
- 1.5 teaspoons ground cumin
- 1 juice of lemon
- 4 servings kosher salt
- 1.8 teaspoons paprika hot

- 0.5 cup yogurt plain
- 0.5 small onion red roughly chopped
- 2.5 pounds chicken thighs boneless skinless
- 4 teaspoons tomato paste
- 1 tablespoon vegetable oil

Equipment

- food processor
- bowl
- knife
- kitchen thermometer
- aluminum foil
- broiler
- broiler pan

Directions

- Preheat the broiler. Make shallow cuts in the chicken thighs with a sharp knife. Toss the chicken with the lemon juice and 1 1/2 teaspoons salt in a large bowl.
- Pulse 2 tablespoons yogurt, the vegetable oil, onion, garlic, ginger, tomato paste, coriander, cumin, 1 1/2 teaspoons paprika and 1/2 teaspoon salt in a food processor to make a paste. Toss the chicken in the mixture and let marinate 15 minutes.
- Place the chicken on a foil-lined broiler pan. Broil, turning once, until slightly charred and a thermometer inserted into the center registers 165 degrees F, 5 to 6 minutes per side.
- Meanwhile, combine the remaining 1/2 cup yogurt and 1/4 teaspoon paprika, the cilantro and a pinch of salt in a bowl. Top the chicken with the yogurt sauce and serve with rice, if desired.
- Per serving: Calories 237; Fat 9 g (Saturated 2 g); Cholesterol 115 mg; Sodium 1,266 mg; Carbohydrate 8 g; Fiber 2 g; Protein 30 g
- Photograph by Antonis Achilleos

Nutrition Facts



■ PROTEIN 56.05% ■ FAT 36.94% ■ CARBS 7.01%

Properties

Glycemic Index:47, Glycemic Load:1.28, Inflammation Score:-6, Nutrition Score:26.375217508363%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 412.63kcal (20.63%), Fat: 16.6g (25.54%), Saturated Fat: 4.14g (25.9%), Carbohydrates: 7.09g (2.36%), Net Carbohydrates: 5.66g (2.06%), Sugar: 3.12g (3.47%), Cholesterol: 273.3mg (91.1%), Sodium: 511.35mg (22.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.69g (113.39%), Selenium: 65.84µg (94.06%), Vitamin B3: 16.25mg (81.26%), Vitamin B6: 1.36mg (68%), Phosphorus: 584.11mg (58.41%), Vitamin B5: 3.6mg (36%), Vitamin B2: 0.58mg (34.08%), Vitamin B12: 1.93µg (32.13%), Zinc: 4.72mg (31.43%), Potassium: 901.33mg (25.75%), Magnesium: 82.95mg (20.74%), Vitamin B1: 0.29mg (19.42%), Iron: 3.41mg (18.93%), Vitamin K: 16.68µg (15.88%), Vitamin A: 644.78IU (12.9%), Copper: 0.23mg (11.39%), Manganese: 0.19mg (9.41%), Vitamin E: 1.37mg (9.16%), Calcium: 89.31mg (8.93%), Vitamin C: 6.59mg (7.99%), Fiber: 1.43g (5.71%), Folate: 19.4µg (4.85%)