



Chicken Tikka

 Gluten Free

READY IN



24 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings rice hot cooked
- ☐ 2 tablespoons curry powder
- ☐ 1 teaspoon garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon paprika
- ☐ 1 teaspoon cracked pepper black
- ☐ 2 cups greek yogurt plain
- ☐ 1 teaspoon salt

- ☐ 1.8 pounds chicken thighs boneless skinless 8 thighs
- ☐ 4 servings chili sauce sweet

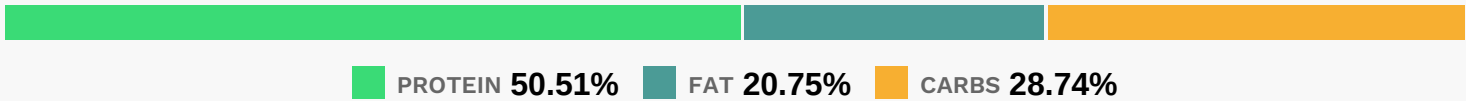
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Combine first 7 ingredients in a large bowl; stir well.
- ☐ Add chicken, turning to coat. Cover and chill 3 hours.
- ☐ Remove chicken from marinade, discarding marinade. Thread 2 chicken thighs on each of 4 wooden skewers. Grill skewers over medium-high heat (350 to 400 degrees Fahrenheit) for 7 to 10 minutes on each side or until cooked through.
- ☐ Serve with sweet chili sauce and hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:24.1, Inflammation Score:-5, Nutrition Score:24.193913231725%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 417.32kcal (20.87%), Fat: 9.36g (14.41%), Saturated Fat: 2.31g (14.41%), Carbohydrates: 29.19g (9.73%), Net Carbohydrates: 27.5g (10%), Sugar: 3.94g (4.38%), Cholesterol: 193.52mg (64.51%), Sodium: 807.74mg (35.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.29g (102.59%), Selenium: 61.38µg (87.68%), Vitamin B3: 11.8mg (58.99%), Phosphorus: 557.54mg (55.75%), Vitamin B6: 1.08mg (53.93%), Vitamin B2: 0.66mg (38.85%), Vitamin B12: 1.97µg (32.83%), Manganese: 0.64mg (32.24%), Vitamin B5: 3.04mg (30.44%), Zinc: 4.12mg (27.45%),

Potassium: 731.25mg (20.89%), Magnesium: 77.52mg (19.38%), Iron: 3.21mg (17.82%), Calcium: 160.83mg (16.08%), Vitamin B1: 0.23mg (15.39%), Copper: 0.22mg (11.22%), Vitamin K: 10.01µg (9.53%), Vitamin E: 1.23mg (8.18%), Fiber: 1.69g (6.75%), Vitamin A: 336.63IU (6.73%), Folate: 22.33µg (5.58%)