



Chicken Tikka

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 0.3 teaspoon ground pepper
- 0.8 teaspoon coriander seeds toasted
- 0.8 teaspoon cumin seeds toasted
- 1.5 inch ginger fresh peeled chopped
- 0.5 teaspoon garam masala (Indian spice mixture)
- 4 garlic clove chopped
- 0.8 teaspoon turmeric

- 2 tablespoons juice of lime fresh
- 10 servings lime wedges
- 10 servings mint-cilantro chutney spread shopping list red
- 1.5 teaspoons salt
- 2 cups yogurt
- 5 pounds chicken breast boneless skinless cut into 1 1/2-inch cubes
- 3 tablespoons vegetable oil for greasing pan

Equipment

- bowl
- frying pan
- blender
- aluminum foil
- broiler
- ziploc bags
- skewers
- broiler pan

Directions

- Purée all ingredients except chicken in a blender until spices are well ground.
- Put chicken in a large bowl, or divide between 2 large sealable plastic bags, and add yogurt mixture, stirring or turning to coat. Marinate chicken, covered and chilled (turning occasionally if using bags), at least 4 hours.
- Soak skewers in water 30 minutes. While skewers are soaking, bring chicken to room temperature.
- Preheat broiler and brush a broiler pan lightly with oil.
- Divide chicken among skewers (about 5 cubes per skewer), leaving an 1/8-inch space between cubes, and arrange about 5 skewers across pan. Broil chicken about 4 inches from heat, turning over once, until browned in spots and just cooked through, 9 to 12 minutes total.

Transfer cooked skewers to a large platter and, if desired, cover loosely with foil to keep warm. Broil remaining chicken in same manner.

Remove chicken from skewers and serve warm or at room temperature.

Nutrition Facts

PROTEIN 64.52% **FAT 28.99%** **CARBS 6.49%**

Properties

Glycemic Index:15.1, Glycemic Load:0.18, Inflammation Score:-8, Nutrition Score:23.316956385322%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 328.97kcal (16.45%), Fat: 10.22g (15.72%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 4.89g (1.78%), Sugar: 3.87g (4.31%), Cholesterol: 146.13mg (48.71%), Sodium: 665.82mg (28.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.16g (102.33%), Vitamin B3: 23.76mg (118.81%), Selenium: 74.59µg (106.55%), Vitamin B6: 1.75mg (87.38%), Phosphorus: 558.06mg (55.81%), Vitamin B5: 3.56mg (35.62%), Potassium: 988.57mg (28.24%), Vitamin B2: 0.35mg (20.34%), Magnesium: 70.92mg (17.73%), Vitamin B12: 0.75µg (12.54%), Zinc: 1.84mg (12.24%), Vitamin B1: 0.17mg (11.61%), Calcium: 115.41mg (11.54%), Vitamin K: 8.33µg (7.94%), Iron: 1.12mg (6.23%), Vitamin C: 5.04mg (6.11%), Vitamin E: 0.8mg (5.35%), Manganese: 0.09mg (4.69%), Copper: 0.08mg (4.07%), Folate: 15.63µg (3.91%), Vitamin A: 120.33IU (2.41%), Vitamin D: 0.23µg (1.51%), Fiber: 0.25g (1.02%)