



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

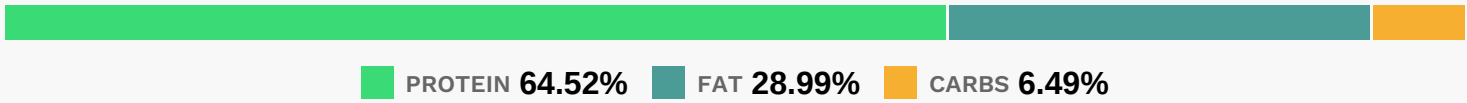
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ skewers
- ☐ broiler pan

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



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: Og (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%)