



Chicken Tikka Masala

 Gluten Free

READY IN



1515 min.

SERVINGS



5

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound chicken breast boneless cut in small pieces
- 2 inch ginger fresh peeled
- 0.5 teaspoon garam masala
- 4 cloves garlic peeled
- 1 teaspoon juice of lemon white
- 5 servings mint leaves for garnish
- 1 cup yogurt plain plus more for garnish
- 0.5 teaspoon chili powder red

- 1 teaspoon salt
- 1 teaspoon tomato paste
- 1 cup vegetable oil

Equipment

- food processor
- bowl
- oven
- blender
- baking pan
- grill
- aluminum foil

Directions

- In a blender on high speed, or in a small food processor, add the ginger and garlic and blend until you have a paste. In a large bowl combine the ginger and garlic paste with the remaining ingredients.
- Add the chicken and mix until the chicken is evenly coated.
- Let marinate in the refrigerator overnight.
- Grill chicken over medium-high heat until it is fully cooked and tender.
- You can also bake the chicken in the oven: Preheat the oven to 350 degrees F.
- Spread the chicken and remaining marinade evenly in a baking pan. Cover with aluminum foil and bake for 30 to 40 minutes, or until chicken is tender.
- Serve with mint or yogurt.

Nutrition Facts



PROTEIN 39.35% **FAT 53.01%** **CARBS 7.64%**

Properties

Glycemic Index:31.8, Glycemic Load:0.8, Inflammation Score:-4, Nutrition Score:11.667391302793%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 219.44kcal (10.97%), Fat: 12.76g (19.64%), Saturated Fat: 2.89g (18.05%), Carbohydrates: 4.14g (1.38%), Net Carbohydrates: 3.8g (1.38%), Sugar: 2.52g (2.8%), Cholesterol: 64.43mg (21.48%), Sodium: 606.87mg (26.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.32g (42.63%), Vitamin B3: 9.61mg (48.07%), Selenium: 30.58µg (43.68%), Vitamin B6: 0.74mg (36.87%), Phosphorus: 244.05mg (24.4%), Vitamin K: 16.71µg (15.91%), Vitamin B5: 1.51mg (15.1%), Potassium: 454.73mg (12.99%), Vitamin B2: 0.17mg (10.02%), Magnesium: 32.89mg (8.22%), Calcium: 72.49mg (7.25%), Vitamin E: 1.05mg (7.01%), Vitamin B12: 0.36µg (6.05%), Zinc: 0.88mg (5.87%), Vitamin B1: 0.08mg (5.32%), Manganese: 0.08mg (4.13%), Vitamin A: 196.02IU (3.92%), Vitamin C: 2.8mg (3.4%), Iron: 0.54mg (3.03%), Copper: 0.05mg (2.62%), Folate: 8.78µg (2.19%), Fiber: 0.34g (1.37%)