



Chicken tikka skewers

READY IN



40 min.

SERVINGS



4

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 150 g yogurt low-fat
- ☐ 2 tbsp curry paste hot
- ☐ 4 chicken breast boneless skinless cubed
- ☐ 250 g cherry tomatoes
- ☐ 4 pasta warmed
- ☐ 0.5 cucumber halved deseeded sliced
- ☐ 1 onion red thinly sliced
- ☐ 1 handful cilantro leaves chopped
- ☐ 1 juice of lemon

☐ 50 g lambs lettuce

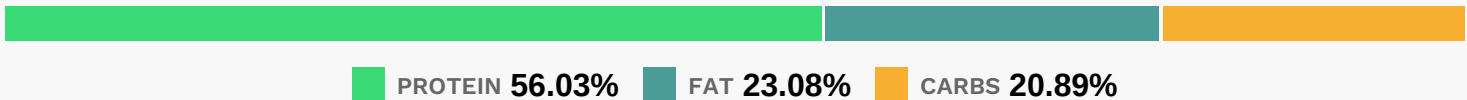
Equipment

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

Directions

- ☐ Put 8 wooden skewers in a bowl of water to soak.
- ☐ Mix the yogurt and curry paste together in a bowl, then add the chicken (if you have time, marinate for an hr or so). In a large bowl, toss together the cucumber, red onion, coriander and lemon juice. Chill until ready to serve.
- ☐ Shake off any excess marinade, then thread the chicken pieces and cherry tomatoes onto the pre-soaked skewers. Cook under a medium grill for 15-20 mins, turning from time to time, until cooked through and nicely browned.
- ☐ Stir the lettuce or pea shoots into the salad, then divide between 4 plates. Top each serving with 2 chicken tikka skewers and serve with the warm chapatis.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:0.98, Inflammation Score:-9, Nutrition Score:18.921304225922%

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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg

Nutrients (% of daily need)

Calories: 195.05kcal (9.75%), Fat: 4.94g (7.59%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 8.56g (3.11%), Sugar: 5.72g (6.35%), Cholesterol: 77.19mg (25.73%), Sodium: 158.3mg (6.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.97g (53.93%), Vitamin B3: 12.31mg (61.57%), Selenium: 38.33µg (54.76%), Vitamin A: 2539.88IU (50.8%), Vitamin B6: 1mg (50.06%), Vitamin C: 27.61mg (33.46%), Phosphorus: 316.56mg (31.66%), Potassium: 776.09mg (22.17%), Vitamin B5: 1.99mg (19.91%), Magnesium: 50.52mg (12.63%), Vitamin B2: 0.21mg (12.46%), Manganese: 0.23mg (11.38%), Vitamin B1: 0.15mg (9.75%), Calcium: 86.25mg (8.62%), Iron: 1.53mg (8.49%), Zinc: 1.18mg (7.87%), Vitamin K: 7.96µg (7.58%), Folate: 30.18µg (7.55%), Copper: 0.14mg (7.14%), Vitamin B12: 0.36µg (6.08%), Fiber: 1.5g (5.98%), Vitamin E: 0.64mg (4.27%)