



Chicken Tikka With Cucumber Raita

 Gluten Free

READY IN



50 min.

SERVINGS



5

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon ground pepper
- 5 servings cilantro leaves chopped for serving
- 1 medium cucumber peeled halved seeded chopped (, , and)
- 0.5 teaspoon cumin seeds lightly toasted chopped
- 5 teaspoons ginger fresh minced
- 2 small garlic clove minced
- 3 garlic clove minced
- 1 teaspoon ground cardamom

- 2 teaspoons ground cumin
- 1 teaspoon mace
- 1 teaspoon nutmeg
- 1 teaspoon pepper fresh black
- 5 servings pepper fresh
- 2 tablespoons juice of lemon fresh
- 5 servings lemon wedges for serving
- 0.3 cup mint leaves chopped
- 1 tablespoon mustard chinese
- 0.8 cup yogurt plain
- 2 cups yogurt plain
- 5 servings onion red thinly sliced for serving
- 1.5 teaspoons salt
- 5 servings salt
- 2.3 lbs chicken breast boneless skinless cut into 1 1/2-inch cubes
- 0.5 cup cream sour
- 1 tomatoes seeded chopped
- 1 teaspoon turmeric
- 0.5 cup savory vegetable mixed
- 0.5 cup savory vegetable mixed
- 5 servings vegetable oil for the grill

Equipment

- bowl
- knife
- whisk
- grill
- skewers
- cutting board

glass baking pan

Directions

Soak six 12-inch bamboo skewers in warm water for 30 minutes. Thread the chicken onto the skewers and set in a shallow glass baking dish. On a cutting board, use the side of a large knife to mash the garlic, ginger and salt to a paste. In a bowl, whisk the paste with the yogurt, mustard oil, lemon juice, cumin, mace, nutmeg, cardamom, turmeric, cayenne and black pepper.

Pour the marinade over the chicken; turn to coat. Cover and refrigerate for 3 to 4 hours, turning occasionally. Raita: On a cutting board, use the side of a large knife to mash the garlic with a large pinch of salt to a paste. In a medium bowl, mix the garlic paste with the yogurt, sour cream, cucumber, tomato, mint and toasted cumin. Season with salt and pepper and put in refrigerator. Light a grill. Lightly oil the grate. Grill the chicken over a medium-hot fire for about 4 minutes per side, or until it is cooked through and golden.

Serve with the lemon wedges, red onion, cilantro and Cucumber Raita.

Nutrition Facts



Properties

Glycemic Index:111.7, Glycemic Load:3.67, Inflammation Score:-10, Nutrition Score:32.749130487442%

Flavonoids

Eriodictyol: 1.2mg, Eriodictyol: 1.2mg, Eriodictyol: 1.2mg, Eriodictyol: 1.2mg Hesperetin: 1.38mg, Hesperetin: 1.38mg, Hesperetin: 1.38mg, Hesperetin: 1.38mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 541.18kcal (27.06%), Fat: 29.25g (45%), Saturated Fat: 8.7g (54.39%), Carbohydrates: 18.44g (6.15%), Net Carbohydrates: 15.23g (5.54%), Sugar: 8.79g (9.76%), Cholesterol: 161.72mg (53.91%), Sodium: 1253.61mg (54.5%), Alcohol: 0g (100%), Protein: 51.12g (102.25%), Vitamin B3: 22.25mg (111.25%), Selenium: 70.94µg (101.35%), Vitamin B6: 1.73mg (86.59%), Phosphorus: 631.12mg (63.11%), Vitamin A: 2710.99IU (54.22%), Vitamin B5: 3.74mg (37.45%), Potassium: 1280.75mg (36.59%), Vitamin K: 33.27µg (31.68%), Vitamin B2: 0.5mg (29.69%), Manganese: 0.55mg

(27.48%), Magnesium: 101.44mg (25.36%), Calcium: 244.37mg (24.44%), Vitamin C: 17.16mg (20.79%), Vitamin B1: 0.27mg (17.92%), Zinc: 2.55mg (17.01%), Vitamin B12: 0.96µg (15.92%), Iron: 2.62mg (14.57%), Vitamin E: 2.05mg (13.65%), Fiber: 3.21g (12.84%), Folate: 44.87µg (11.22%), Copper: 0.21mg (10.44%), Vitamin D: 0.34µg (2.26%)