



Chicken Tikkas

 Gluten Free

READY IN



300 min.

SERVINGS



18

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 0.8 teaspoon garam masala (Indian spice mix)
- ☐ 1 tablespoon juice of lime fresh
- ☐ 18 servings mint-cilantro chutney spread shopping list
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup nonfat greek yogurt plain thick
- ☐ 1 lb chicken thighs boneless skinless cut into 1-inch cubes

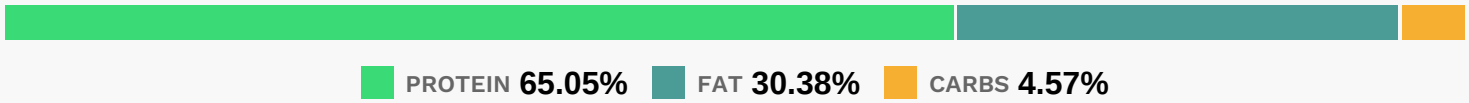
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill
- ☐ skewers

Directions

- ☐ Stir together all ingredients except chicken in a medium bowl, then add chicken, stirring to coat. Marinate, covered and chilled, 30 minutes to 1 hour.
- ☐ Prepare a grill for direct-heat cooking over medium-hot charcoal (moderately high heat for gas).
- ☐ While grill is heating, thread 3 or 4 pieces of chicken onto each skewer, leaving a little space between pieces, and transfer to a tray lined with plastic wrap.
- ☐ Oil grill rack, then grill chicken, covered only if using a gas grill, turning occasionally, until browned and just cooked through, 5 to 7 minutes total.

Nutrition Facts



Properties

Glycemic Index:1.78, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.2382608684509%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg

Nutrients (% of daily need)

Calories: 34.89kcal (1.74%), Fat: 1.13g (1.74%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 0.38g (0.13%), Net Carbohydrates: 0.36g (0.13%), Sugar: 0.2g (0.22%), Cholesterol: 24.22mg (8.07%), Sodium: 104.4mg (4.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.9%), Selenium: 6.25µg (8.93%), Vitamin B3: 1.42mg (7.11%), Vitamin B6: 0.12mg (5.83%), Phosphorus: 54.88mg (5.49%), Vitamin B2: 0.06mg (3.56%), Vitamin B12: 0.2µg (3.34%), Vitamin B5: 0.32mg (3.22%), Zinc: 0.41mg (2.76%), Potassium: 71.12mg (2.03%), Magnesium: 6.52mg (1.63%), Vitamin B1: 0.02mg (1.61%), Iron: 0.21mg (1.16%)