



Curried Chicken Thighs

 Gluten Free

READY IN



32 min.

SERVINGS



4

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons canola oil
- ☐ 2 teaspoons curry powder
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons honey
- ☐ 4 teaspoons juice of lemon fresh
- ☐ 0.5 cup yogurt plain low-fat

- ☐ 1 onion red cut into 1/ slices
- ☐ 0.8 teaspoon salt
- ☐ 3 ounce chicken thighs boneless skinless

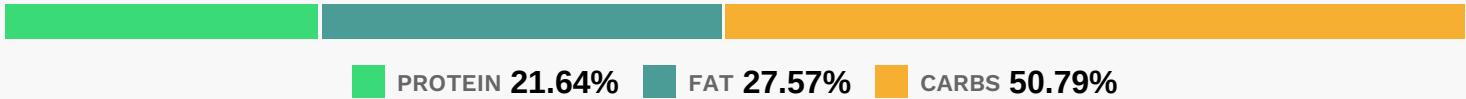
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 5 ingredients in a medium bowl, stirring with a whisk.
- ☐ Pour into a large zip-top plastic bag; add chicken. Seal bag, and marinate in refrigerator 8 hours, turning bag occasionally.
- ☐ . Prepare grill.
- ☐ Remove chicken from bag, discarding marinade.
- ☐ Sprinkle chicken with salt, and coat chicken and onion with cooking spray.
- ☐ Place on grill rack coated with cooking spray; cook 6 minutes on each side or until chicken is done.
- ☐ Remove chicken and onion from grill; cut onion slices in half, and separate into strips.
- ☐ Combine lemon juice, oil, and cilantro in a medium bowl.
- ☐ Add onion strips; toss well. Spoon onion mixture onto a serving platter. Top with chicken.

Nutrition Facts



Properties

Glycemic Index:40.32, Glycemic Load:5.17, Inflammation Score:-2, Nutrition Score:4.6978261418965%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg 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: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 111.11kcal (5.56%), Fat: 3.53g (5.44%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 14.65g (4.88%), Net Carbohydrates: 13.78g (5.01%), Sugar: 12.11g (13.46%), Cholesterol: 22.04mg (7.35%), Sodium: 478.76mg (20.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.48%), Phosphorus: 97.56mg (9.76%), Selenium: 6.33µg (9.04%), Vitamin B6: 0.17mg (8.47%), Calcium: 71.83mg (7.18%), Vitamin B2: 0.12mg (7.03%), Vitamin B3: 1.32mg (6.59%), Vitamin C: 4.69mg (5.69%), Potassium: 196.16mg (5.6%), Manganese: 0.11mg (5.38%), Vitamin B12: 0.31µg (5.13%), Vitamin B5: 0.49mg (4.9%), Zinc: 0.72mg (4.81%), Vitamin E: 0.64mg (4.25%), Magnesium: 16.36mg (4.09%), Vitamin K: 3.85µg (3.66%), Fiber: 0.87g (3.47%), Iron: 0.62mg (3.44%), Vitamin B1: 0.05mg (3.38%), Folate: 12.4µg (3.1%), Copper: 0.04mg (2.18%)