



Easy Chicken Masala

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons kosher salt
- 0.3 cup cilantro leaves fresh coarsely chopped
- 1 tablespoon garam masala
- 1 large garlic clove pressed
- 3 tablespoons olive oil extra virgin extra-virgin
- 2 small onion cut into 1/4-inch-thick slices
- 4 pound roasting chickens cut into 8 pieces, backbone removed
- 1 cup yogurt plain

Equipment

- frying pan
- oven
- knife
- plastic wrap
- glass baking pan

Directions

- Mix yogurt, chopped cilantro, olive oil, garam masala, salt, and garlic in 13x9x2-inch glass baking dish.
- Add chicken to marinade, 1 piece at a time, coating all sides. Cover with plastic wrap; refrigerate at least 2 hours. DO AHEAD: Can be made 1 day ahead. Keep refrigerated.
- Position racks in top third and bottom third of oven; preheat to 400°F. Arrange onions in thin layer on large rimmed baking sheet to form bed for chicken. Top with chicken pieces in single layer, spacing apart for even roasting (chicken will still be coated with marinade). Discard remaining marinade.
- Roast chicken on top rack until cooked through and juices run clear when thickest portion of thigh is pierced with knife, about 1 hour.
- Serve chicken atop onion slices. Spoon pan juices around.
- * An Indian spice mixture; available in the spice section of many supermarkets and at Indian markets.
- Bon Appétit

Nutrition Facts

A horizontal bar chart showing the nutritional composition. The bar is divided into three segments: a green segment for Protein (29.03%), a teal segment for Fat (66.63%), and a small orange segment for Carbs (4.34%).

PROTEIN 29.03%	FAT 66.63%	CARBS 4.34%
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Properties

Glycemic Index:14.83, Glycemic Load:0.53, Inflammation Score:-8, Nutrition Score:20.42695624932%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 568.37kcal (28.42%), Fat: 41.33g (63.59%), Saturated Fat: 10.76g (67.24%), Carbohydrates: 6.05g (2.02%), Net Carbohydrates: 5.48g (1.99%), Sugar: 4.14g (4.6%), Cholesterol: 190.66mg (63.55%), Sodium: 960.93mg (41.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.52g (81.04%), Vitamin B3: 14.28mg (71.38%), Phosphorus: 436.19mg (43.62%), Vitamin B12: 2.43µg (40.57%), Selenium: 27.27µg (38.96%), Vitamin A: 1909.26IU (38.19%), Vitamin B6: 0.76mg (38.16%), Vitamin B2: 0.48mg (28.29%), Vitamin B5: 2.55mg (25.47%), Zinc: 3.27mg (21.82%), Iron: 3.18mg (17.65%), Folate: 67.16µg (16.79%), Potassium: 576.57mg (16.47%), Magnesium: 52.35mg (13.09%), Calcium: 110.6mg (11.06%), Vitamin B1: 0.16mg (10.8%), Vitamin C: 7.73mg (9.37%), Copper: 0.15mg (7.56%), Vitamin E: 1.03mg (6.86%), Vitamin K: 6.46µg (6.16%), Manganese: 0.1mg (5.25%), Fiber: 0.58g (2.3%)