



 **11%**
HEALTH SCORE

Easy Chicken Tandoori

 **Gluten Free**

READY IN



45 min.

SERVINGS



12

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds chicken
- 2 cups miso
- 12 servings coriander leaves
- 1 cup greek yogurt
- 12 servings onion
- 12 servings tomatoes fresh

Equipment

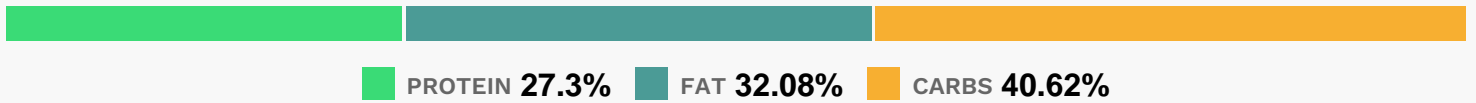
- oven

baking pan

Directions

- Mix the tandoori paste and yogurt well. Marinate the chicken pieces well for about 30 minutes
- Place the chicken pieces along with the marinate into a baking pan and bake until golden brown and then turn over until chicken is done. Keep turning the chicken pieces a few times while baking.
- Serve with in a bed of rice. Then lay the chicken fillets on the rice and put a bit of greek yogurt

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:8.57, Inflammation Score:-9, Nutrition Score:17.710434782609%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg 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: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg

Taste

Sweetness: 83.6%, Saltiness: 87.76%, Sourness: 100%, Bitterness: 33.01%, Savoriness: 60.23%, Fattiness: 54.44%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 236.12kcal (11.81%), Fat: 8.74g (13.45%), Saturated Fat: 2.12g (13.28%), Carbohydrates: 24.91g (8.3%), Net Carbohydrates: 19.23g (6.99%), Sugar: 10.53g (11.69%), Cholesterol: 28.05mg (9.35%), Sodium: 1754.29mg (76.27%), Protein: 16.74g (33.48%), Vitamin C: 34.98mg (42.4%), Vitamin K: 42.01µg (40.01%), Manganese: 0.74mg (37.09%), Vitamin A: 1650.34IU (33.01%), Fiber: 5.67g (22.7%), Vitamin B6: 0.45mg (22.25%), Phosphorus: 212.84mg (21.28%), Potassium: 739.89mg (21.14%), Vitamin B3: 4.16mg (20.79%), Copper: 0.36mg (17.91%), Magnesium: 63.33mg (15.83%), Vitamin B2: 0.26mg (15.37%), Selenium: 10.65µg (15.22%), Zinc: 2.18mg (14.56%), Iron: 2.51mg (13.92%), Folate: 52.24µg (13.06%), Vitamin B1: 0.17mg (11.65%), Calcium: 91.73mg (9.17%), Vitamin B5: 0.77mg (7.68%), Vitamin E: 1.11mg (7.39%), Vitamin B12: 0.27µg (4.43%)