



Fake Tandoori Chicken

 Gluten Free

READY IN



575 min.

SERVINGS



4

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon ginger fresh peeled finely chopped (from 1 [3-inch] piece)
- 2 teaspoons garam masala
- 1 medium garlic clove coarsely chopped
- 1 tablespoon kosher salt
- 2 tablespoons juice of lime freshly squeezed (from 1 medium lime)
- 0.8 cup onion yellow
- 1 tablespoon paprika
- 2.5 cups yogurt plain

- 1 thai chile red stemmed coarsely chopped
- 4 pound chicken whole

Equipment

- food processor
- baking sheet
- oven
- baking pan
- kitchen thermometer
- aluminum foil
- cutting board

Directions

- Place all of the ingredients except the chicken in a food processor fitted with a blade attachment. Process until almost completely smooth, about 10 seconds.
- Pour the marinade into a large resealable bag.
- Place the chicken in the bag, squeeze out the excess air, seal the bag, and massage the marinade all over the chicken until it's well coated.
- Place in the refrigerator in a baking dish and marinate at least 8 hours and up to 24 hours, turning the chicken at least once if possible.
- Heat the oven to 400°F and arrange a rack in the middle.
- Remove the chicken from the refrigerator and let it sit at room temperature while the oven heats. Line a rimmed baking sheet with aluminum foil.
- Remove the chicken from the marinade, letting the excess drip off the exterior and out of the cavity; discard the marinade.
- Place the chicken on the baking sheet. Roast until the juices run clear and an instant-read thermometer inserted into the inner thigh (but not touching the bone) registers 165°F, about 1 hour. (If the skin starts to get too brown before the meat is done, loosely cover with aluminum foil.)
- Transfer the chicken to a cutting board and let it rest about 15 to 20 minutes before carving.

Nutrition Facts

PROTEIN 35.16% FAT 52.78% CARBS 12.06%

Properties

Glycemic Index:21.75, Glycemic Load:0.78, Inflammation Score:-8, Nutrition Score:24.076086894326%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 579.48kcal (28.97%), Fat: 33.47g (51.49%), Saturated Fat: 9.62g (60.1%), Carbohydrates: 17.21g (5.74%), Net Carbohydrates: 15.81g (5.75%), Sugar: 13.42g (14.91%), Cholesterol: 166.36mg (55.45%), Sodium: 2018.06mg (87.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.16g (100.32%), Vitamin B3: 15.24mg (76.22%), Phosphorus: 577.79mg (57.78%), Selenium: 37.26µg (53.23%), Vitamin B6: 0.93mg (46.68%), Vitamin B2: 0.65mg (38.38%), Calcium: 343.48mg (34.35%), Vitamin B5: 3.06mg (30.61%), Zinc: 4.49mg (29.94%), Vitamin B12: 1.61µg (26.82%), Potassium: 907.62mg (25.93%), Vitamin A: 1190.74IU (23.81%), Magnesium: 80.53mg (20.13%), Vitamin B1: 0.23mg (15.21%), Iron: 2.58mg (14.36%), Vitamin C: 11.49mg (13.92%), Folate: 39.13µg (9.78%), Copper: 0.16mg (8.13%), Vitamin E: 1.2mg (7.97%), Manganese: 0.14mg (6.99%), Fiber: 1.4g (5.6%), Vitamin K: 5.26µg (5.01%), Vitamin D: 0.44µg (2.9%)