



Grilled Chicken Thighs Tandoori

 Gluten Free

READY IN



535 min.

SERVINGS



8

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black
- 16 chicken thighs
- 3 cloves garlic minced
- 2 tablespoons ginger freshly grated
- 2 teaspoons ground cinnamon
- 0.5 teaspoon ground cloves
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin

- 2 teaspoons kosher salt
- 4 teaspoons paprika
- 12 ounce yogurt plain

Equipment

- bowl
- paper towels
- grill
- ziploc bags

Directions

- In a medium bowl, stir together yogurt, salt, pepper, cloves, and ginger.
- Mix in garlic, paprika, cumin, cinnamon, and coriander. Set aside.
- Rinse chicken under cold water, and pat dry with paper towels.
- Place chicken in a large resealable plastic bag.
- Pour yogurt mixture over chicken, press air out of bag, and seal. Turn the bag over several times to distribute marinade.
- Place bag in a bowl, and refrigerate 8 hours, or overnight, turning bag occasionally.
- Preheat an outdoor grill for direct medium heat.
- Remove chicken from bag, and discard marinade. With paper towels, wipe off excess marinade. Spray chicken pieces with olive oil spray.
- Place chicken on the grill, and cook about 2 minutes. Turn, and cook 2 minutes more. Then arrange the chicken to receive indirect heat, and cook approximately 35 to 40 minutes, to an internal temperature of 180 degrees F.

Nutrition Facts

 **PROTEIN 29.27%**  **FAT 67.01%**  **CARBS 3.72%**

Properties

Glycemic Index:15.13, Glycemic Load:0.6, Inflammation Score:-5, Nutrition Score:18.106522052184%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 532.35kcal (26.62%), Fat: 39.3g (60.46%), Saturated Fat: 11.06g (69.13%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 3.87g (1.41%), Sugar: 2.15g (2.39%), Cholesterol: 227.01mg (75.67%), Sodium: 777.51mg (33.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.63g (77.25%), Selenium: 43.63µg (62.33%), Vitamin B3: 10.69mg (53.47%), Vitamin B6: 0.83mg (41.56%), Phosphorus: 408.32mg (40.83%), Vitamin B12: 1.6µg (26.73%), Vitamin B5: 2.5mg (25.03%), Vitamin B2: 0.38mg (22.17%), Zinc: 3.2mg (21.35%), Potassium: 585.93mg (16.74%), Manganese: 0.3mg (14.93%), Vitamin A: 720.41IU (14.41%), Magnesium: 55.4mg (13.85%), Vitamin B1: 0.19mg (12.7%), Iron: 2.28mg (12.64%), Calcium: 89.61mg (8.96%), Copper: 0.15mg (7.43%), Vitamin K: 6.42µg (6.12%), Vitamin E: 0.84mg (5.59%), Fiber: 1.04g (4.16%), Folate: 10.63µg (2.66%), Vitamin D: 0.27µg (1.79%)