



Grilled Indian Chicken

 **Gluten Free**

READY IN



100 min.

SERVINGS



6

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons garlic crushed
- ☐ 1 teaspoon ground ginger
- ☐ 2 teaspoons ground turmeric
- ☐ 3 pound meat from a rotisserie chicken whole cut into pieces
- ☐ 0.3 cup yogurt

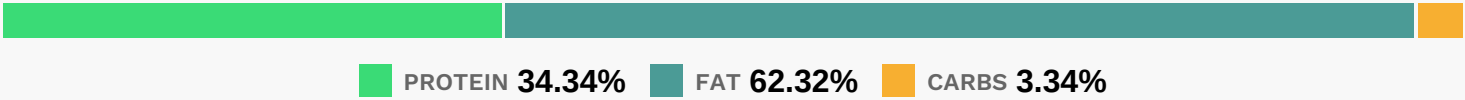
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In a large bowl, combine ginger, garlic, turmeric, salt, and yogurt.
- ☐ Marinate the chicken pieces in the mixture for 3 hours.
- ☐ Preheat an outdoor grill for medium-high heat and lightly oil grate. Grill chicken until juices run clear.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.35, Inflammation Score:-10, Nutrition Score:8.4973912290905%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 247.73kcal (12.39%), Fat: 16.82g (25.88%), Saturated Fat: 4.94g (30.86%), Carbohydrates: 2.03g (0.68%), Net Carbohydrates: 1.79g (0.65%), Sugar: 0.54g (0.59%), Cholesterol: 82.97mg (27.66%), Sodium: 81.7mg (3.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.85g (41.71%), Vitamin B3: 7.5mg (37.48%), Selenium: 16.5µg (23.56%), Vitamin B6: 0.43mg (21.57%), Phosphorus: 176.15mg (17.62%), Manganese: 0.23mg (11.44%), Vitamin B5: 1.05mg (10.48%), Zinc: 1.56mg (10.39%), Vitamin B2: 0.15mg (8.83%), Iron: 1.37mg (7.62%), Potassium: 253.5mg (7.24%), Magnesium: 25.66mg (6.42%), Vitamin B12: 0.38µg (6.25%), Vitamin B1: 0.07mg (4.99%), Vitamin C: 2.8mg (3.39%), Copper: 0.07mg (3.34%), Vitamin A: 162.85IU (3.26%), Calcium: 30.75mg (3.08%), Vitamin E: 0.36mg (2.37%), Folate: 7.63µg (1.91%), Vitamin K: 1.79µg (1.71%), Vitamin D: 0.23µg (1.52%)