



Grilled Tandoori Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon cayenne
- ☐ 3 pounds meat from a rotisserie chicken skinless cut into 8 pieces and
- ☐ 3 tablespoons cooking oil
- ☐ 1 tablespoon ginger fresh chopped
- ☐ 2 large garlic cloves chopped
- ☐ 1.3 teaspoons ground coriander
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.3 teaspoon ground turmeric

- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 cup yogurt plain
- ☐ 1.5 teaspoons salt
- ☐ 1.5 tablespoons water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ grill

Directions

- ☐ Light the grill. Using a sharp knife, cut shallow incisions in the chicken pieces at about 1/2-inch intervals. In a large, glass dish or stainless-steel pan, combine the lemon juice, water, salt, and turmeric.
- ☐ Add the chicken pieces and turn to coat.
- ☐ Let the chicken pieces marinate for 5 minutes.
- ☐ Meanwhile, in a small bowl, combine the yogurt, garlic, ginger, coriander, cumin, and cayenne.
- ☐ Add to the chicken and lemon mixture; turn to coat.
- ☐ Let marinate for 10 minutes.
- ☐ Grill the chicken over moderately high heat, basting with oil, for 10 minutes. Turn and cook, basting with the remaining oil, until just done, about 10 minutes longer for the breasts, 12 for the thighs and drumsticks.
- ☐ Menu Suggestions: Indian flatbread, such as naan, is the traditional accompaniment to tandoori. You can grill store-bought naan or other flatbread, such as pita or lavash. In summer, the sweetness of grilled corn on the cob makes a nice balance to the spiciness of the chicken. Another option is eggplant, a favorite vegetable in India, sliced and grilled.
- ☐ Wine Recommendation: Spicy dishes such as this pair best with wines with low alcohol, high acidity, and a touch of fruitiness. Try an off-dry riesling from Oregon, California, or New York State.

Nutrition Facts



 **PROTEIN 27.1%**  **FAT 69.79%**  **CARBS 3.11%**

Properties

Glycemic Index:26.5, Glycemic Load:0.47, Inflammation Score:-8, Nutrition Score:13.619130518125%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 472.6kcal (23.63%), Fat: 36.35g (55.93%), Saturated Fat: 8.48g (53%), Carbohydrates: 3.64g (1.21%), Net Carbohydrates: 3.19g (1.16%), Sugar: 1.77g (1.97%), Cholesterol: 126.45mg (42.15%), Sodium: 1002.24mg (43.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.76g (63.53%), Vitamin B3: 11.2mg (56.02%), Selenium: 24.62µg (35.17%), Vitamin B6: 0.61mg (30.67%), Phosphorus: 277.87mg (27.79%), Vitamin B5: 1.63mg (16.32%), Zinc: 2.41mg (16.04%), Vitamin E: 2.4mg (16.02%), Vitamin B2: 0.25mg (14.55%), Potassium: 400.18mg (11.43%), Iron: 1.94mg (10.8%), Magnesium: 41.99mg (10.5%), Vitamin B12: 0.62µg (10.33%), Vitamin K: 10.11µg (9.63%), Vitamin C: 7.92mg (9.59%), Vitamin B1: 0.12mg (7.82%), Calcium: 67.64mg (6.76%), Vitamin A: 290.51IU (5.81%), Copper: 0.1mg (5.16%), Manganese: 0.1mg (5.02%), Folate: 14.58µg (3.65%), Vitamin D: 0.36µg (2.38%), Fiber: 0.44g (1.78%)