



Grilled Tandoori Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons canola oil
- ☐ 0.5 cup ginger fresh peeled coarsely chopped
- ☐ 2 teaspoons garam masala
- ☐ 8 garlic cloves crushed
- ☐ 2 teaspoons ground coriander divided
- ☐ 2 teaspoons ground cumin divided
- ☐ 1 teaspoon ground pepper red
- ☐ 1 teaspoon ground turmeric

- ☐ 4 teaspoons hungarian paprika sweet
- ☐ 0.3 cup juice of lemon fresh divided
- ☐ 2.5 cups yogurt plain low-fat divided
- ☐ 2 cups onion coarsely chopped
- ☐ 2 teaspoons salt divided
- ☐ 2 teaspoons serrano chile seeded finely chopped
- ☐ 3 pounds chicken thighs boneless skinless

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ ziploc bags

Directions

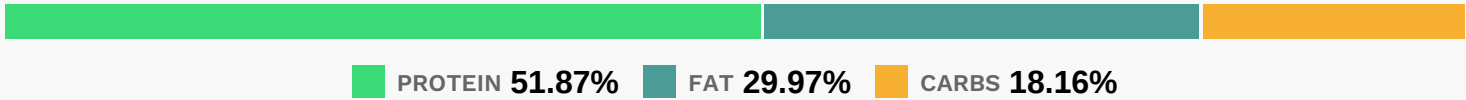
- ☐ Heat oil in a small nonstick skillet over medium-high heat.
- ☐ Add paprika, 1 1/2 teaspoons cumin, 1 1/2 teaspoons coriander, garam masala, turmeric, and red pepper to pan; cook 2 minutes or until fragrant, stirring constantly.
- ☐ Remove from pan; cool.
- ☐ Place onion and next 3 ingredients in a food processor; process until smooth.
- ☐ Add spice mixture, 1/2 cup yogurt, 2 tablespoons juice, and 1 3/4 teaspoons salt to onion mixture; process until smooth.
- ☐ Transfer mixture to a large heavy-duty zip-top plastic bag.
- ☐ Cut 3 shallow slits in each chicken thigh.
- ☐ Add chicken to bag, and seal. Toss to coat. Marinate in refrigerator 8 hours or overnight, turning occasionally.
- ☐ Preheat grill to medium-high heat.
- ☐ Combine remaining 2 cups yogurt, remaining 2 tablespoons juice, remaining 1/2 teaspoon cumin, remaining 1/2 teaspoon coriander, and remaining 1/4 teaspoon salt in a bowl, stirring

well. Cover and chill.

- ☐
- Remove chicken from bag; discard marinade.

☐☐

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:1.31, Inflammation Score:-9, Nutrition Score:19.970435018125%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg

Nutrients (% of daily need)

Calories: 296.46kcal (14.82%), Fat: 9.76g (15.01%), Saturated Fat: 2.68g (16.73%), Carbohydrates: 13.3g (4.43%), Net Carbohydrates: 11.57g (4.21%), Sugar: 7.58g (8.42%), Cholesterol: 166.19mg (55.4%), Sodium: 791.58mg (34.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.99g (75.98%), Selenium: 41.9µg (59.86%), Vitamin B3: 9.88mg (49.41%), Vitamin B6: 0.93mg (46.47%), Phosphorus: 456.45mg (45.65%), Vitamin B2: 0.5mg (29.46%), Vitamin B5: 2.61mg (26.09%), Vitamin B12: 1.52µg (25.29%), Zinc: 3.5mg (23.36%), Potassium: 750.15mg (21.43%), Calcium: 183.2mg (18.32%), Magnesium: 66.17mg (16.54%), Vitamin B1: 0.22mg (14.91%), Vitamin A: 689IU (13.78%), Iron: 2.36mg (13.09%), Manganese: 0.22mg (10.79%), Vitamin C: 8.39mg (10.17%), Copper: 0.16mg (8.22%), Fiber: 1.73g (6.92%), Vitamin K: 7.14µg (6.8%), Folate: 26.12µg (6.53%), Vitamin E: 0.94mg (6.23%)