



WHATSheATE



Grilled Tandoori Chicken



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound meat from a rotisserie chicken boneless skinless (and , but into 1 inch pieces)
- ☐ 1 teaspoon coriander toasted (and ground)
- ☐ 1 teaspoon cumin toasted (and ground)
- ☐ 1 tablespoon garam masala
- ☐ 1 tablespoon garlic grated ()
- ☐ 1 tablespoon ginger grated ()
- ☐ 0.5 juice of lemon (juice)
- ☐ 0.5 small onion grated ()

- ☐ 0.5 teaspoon ceyenne pepper to taste (or)
- ☐ 0.5 cup yogurt plain
- ☐ 4 servings salt to taste
- ☐ 1 tablespoon paprika smoked hot (I used)

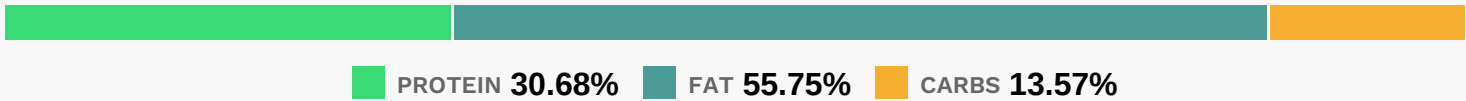
Equipment

- ☐ grill
- ☐ skewers

Directions

- ☐ Mix all of the ingredients save the chicken.
- ☐ Place the chicken in a freezer bag along with the marinade and marinate in the fridge for at least an hour, preferably several hours to overnight.
- ☐ Pull the chicken from the fridge and let it come to room temperature.
- ☐ Remove the chicken from the marinade and skewer it.
- ☐ Grill the chicken until cooked, about 3–5 minutes per side.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:0.77, Inflammation Score:-6, Nutrition Score:7.1782607902651%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 156.66kcal (7.83%), Fat: 9.73g (14.97%), Saturated Fat: 3.05g (19.04%), Carbohydrates: 5.33g (1.78%), Net Carbohydrates: 4.14g (1.5%), Sugar: 2.14g (2.37%), Cholesterol: 44.8mg (14.93%), Sodium: 249.85mg (10.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.04g (24.09%), Vitamin B3: 3.97mg (19.84%), Vitamin A: 978.45IU (19.57%), Vitamin B6: 0.28mg (14.03%), Selenium: 9µg (12.86%), Phosphorus: 124mg (12.4%), Vitamin B2: 0.14mg (8.13%), Iron: 1.3mg (7.22%), Zinc: 1.04mg (6.95%), Vitamin B5: 0.69mg (6.93%), Manganese: 0.14mg (6.89%), Potassium: 234.6mg (6.7%), Calcium: 59.09mg (5.91%), Magnesium: 22.3mg (5.57%), Vitamin E: 0.72mg (4.83%), Fiber: 1.19g (4.76%), Vitamin C: 3.9mg (4.72%), Vitamin B12: 0.28µg (4.7%), Vitamin B1: 0.06mg (4.01%), Copper: 0.06mg (3.16%), Vitamin K: 2.87µg (2.73%), Folate: 9.04µg (2.26%)