



Grilled Tandoori Chicken

 Gluten Free

READY IN



140 min.

SERVINGS



6

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 juice of lime juiced
- ☐ 1.5 tablespoons tandoori masala powder
- ☐ 1.5 tablespoons yogurt plain
- ☐ 6 servings salt and pepper black freshly ground to taste
- ☐ 2 pounds chicken thighs boneless skinless

Equipment

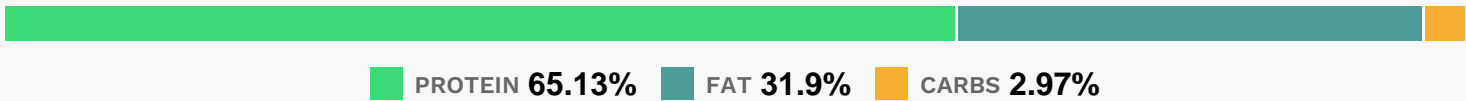
- ☐ bowl
- ☐ baking sheet

- ☐ paper towels
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Whisk lime juice, yogurt, tandoori powder, salt, and pepper in a bowl.
- ☐ Pour mixture into a resealable plastic bag.
- ☐ Add chicken, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in refrigerator for at least 2 hours.
- ☐ Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- ☐ Remove chicken from the bag and transfer to a plate or baking sheet lined with paper towels. Pat chicken pieces dry with more paper towels.
- ☐ Grill chicken on the preheated grill with the lid open for 2 minutes. Close lid and continue to grill chicken for 6 minutes.
- ☐ Turn chicken, close lid and grill until well-browned and meat is no longer pink in the center, about 6 minutes. An instant-read thermometer inserted into the thickest part of the thigh should read 180 degrees F (82 degrees C).

Nutrition Facts



Properties

Glycemic Index:23.83, Glycemic Load:0.82, Inflammation Score:-1, Nutrition Score:13.075652107515%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 185.44kcal (9.27%), Fat: 6.38g (9.82%), Saturated Fat: 1.66g (10.4%), Carbohydrates: 1.34g (0.45%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.28g (0.31%), Cholesterol: 144.29mg (48.1%), Sodium: 454.94mg (19.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.32g (58.63%), Selenium: 34.29µg (48.99%), Vitamin B3: 8.45mg (42.26%), Phosphorus: 353.73mg (35.37%), Vitamin B6: 0.68mg (33.78%), Calcium: 196.73mg (19.67%), Vitamin B5: 1.84mg (18.38%), Vitamin B12: 0.99µg (16.44%), Vitamin B2: 0.28mg (16.19%), Zinc: 2.33mg (15.54%), Potassium: 383.04mg (10.94%), Vitamin B1: 0.14mg (9.22%), Magnesium: 36.56mg (9.14%), Iron: 1.55mg (8.64%), Copper: 0.09mg (4.37%), Vitamin K: 4.57µg (4.36%), Manganese: 0.04mg (1.9%), Vitamin E: 0.28mg (1.88%), Folate: 6.66µg (1.67%)