



Grilled Tandoori Chicken with Cucumber-Tomato Raita

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon ground turmeric

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 servings cucumber-tomato raita
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

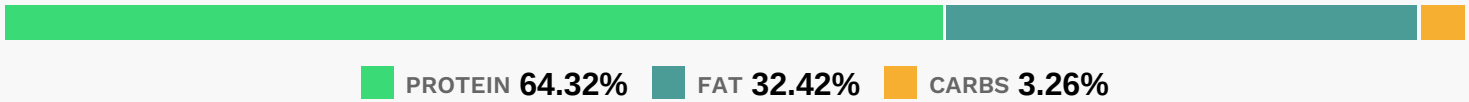
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare Cucumber-Tomato Raita.
- ☐ Combine lemon juice and next 8 ingredients in a small bowl, stirring well to form a paste.
- ☐ Cut 3 diagonal 1/4-inch-deep slits across each chicken breast half. Rub spice paste in slits and on all sides of chicken. Cover and let stand 15 minutes.
- ☐ . Prepare grill.
- ☐ Place chicken on grill rack coated with cooking spray; grill 6 minutes on each side or until done.
- ☐ Serve with Cucumber-Tomato Raita.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.22, Inflammation Score:-10, Nutrition Score:17.240869641304%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 234.15kcal (11.71%), Fat: 8.16g (12.56%), Saturated Fat: 1.28g (7.97%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.38g (0.5%), Sugar: 0.2g (0.22%), Cholesterol: 108.99mg (36.33%), Sodium: 489.72mg (21.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.44g (72.89%), Vitamin B3: 17.81mg (89.07%), Selenium: 54.86µg (78.37%), Vitamin B6: 1.31mg (65.35%), Phosphorus: 366.12mg (36.61%), Vitamin B5: 2.45mg (24.47%), Potassium: 671.75mg (19.19%), Magnesium: 49.34mg (12.34%), Vitamin B2: 0.18mg (10.47%), Vitamin B1: 0.12mg (7.81%), Zinc: 1.08mg (7.17%), Manganese: 0.14mg (7.15%), Vitamin E: 0.97mg (6.48%), Iron: 1.15mg (6.37%), Vitamin B12: 0.34µg (5.73%), Vitamin C: 4.27mg (5.17%), Copper: 0.07mg (3.35%), Vitamin K: 3.35µg (3.19%), Calcium: 20.89mg (2.09%), Folate: 8.04µg (2.01%), Fiber: 0.47g (1.87%), Vitamin D: 0.17µg (1.14%), Vitamin A: 56.92IU (1.14%)