



Grilled Tandoori-Style Chicken and Mangoes with Mango Jasmine Rice

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



750 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon cayenne pepper
- ☐ 5 pound chickens quartered
- ☐ 6 cilantro sprigs fresh
- ☐ 1 tablespoon coarse kosher salt
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 4 garlic cloves

- ☐ 1 tablespoon ground cumin
- ☐ 2 cups jasmine rice
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 large mangoes ripe peeled cut into 1/2-inch-thick slices, 1 cut into 1/2-inch cubes
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup pinenuts toasted
- ☐ 1 cup whole-milk yogurt plain
- ☐ 1 tablespoon paprika sweet
- ☐ 3 cups water

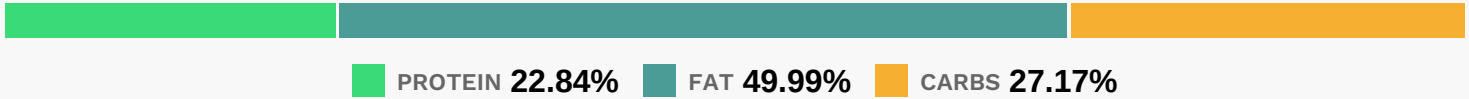
Equipment

- ☐ bowl
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ Purée first 7 ingredients in processor. With machine running, gradually add oil through feed tube and process until blended.
- ☐ Transfer 1/4 cup herb mixture to small bowl; reserve.
- ☐ Add yogurt and lemon juice to remaining mixture in processor and blend.
- ☐ Place chicken in 13x9x2-inch glass baking dish.
- ☐ Pour yogurt mixture over chicken; turn to coat. Cover and refrigerate 1 hour.
- ☐ Prepare barbecue (medium heat).
- ☐ Place chicken, skin side down, on grill. Cover and grill until chicken is cooked through, turning every 5 minutes, about 30 minutes total. Grill mango slices 2 minutes per side; set aside. Meanwhile, combine rice, 3 cups water, and reserved 1/4 cup herb mixture. Bring to boil. Reduce heat to low; cover and simmer until tender, about 15 minutes.
- ☐ Remove from heat; let stand, covered, 5 minutes. Fold in mango cubes and pine nuts.
- ☐ Arrange chicken on large platter; garnish with grilled mango slices and cilantro sprigs.
- ☐ Serve mango jasmine rice alongside.

Nutrition Facts



Properties

Glycemic Index:36.37, Glycemic Load:26.08, Inflammation Score:-10, Nutrition Score:33.191304497097%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg 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 Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 749.99kcal (37.5%), Fat: 41.39g (63.68%), Saturated Fat: 10.12g (63.27%), Carbohydrates: 50.61g (16.87%), Net Carbohydrates: 48.2g (17.53%), Sugar: 10.18g (11.31%), Cholesterol: 178.59mg (59.53%), Sodium: 1051.4mg (45.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.56g (85.12%), Vitamin B3: 15.02mg (75.11%), Vitamin K: 78.57µg (74.83%), Manganese: 1.42mg (71.11%), Vitamin A: 3286.83IU (65.74%), Phosphorus: 511.64mg (51.16%), Selenium: 32.82µg (46.88%), Vitamin B6: 0.88mg (43.91%), Vitamin C: 33.39mg (40.47%), Vitamin B12: 2.24µg (37.26%), Vitamin B2: 0.51mg (30.11%), Vitamin B5: 2.97mg (29.73%), Zinc: 4.2mg (28.02%), Iron: 4.81mg (26.7%), Folate: 95.76µg (23.94%), Magnesium: 91.81mg (22.95%), Copper: 0.44mg (22.22%), Potassium: 757.97mg (21.66%), Vitamin B1: 0.23mg (15.47%), Vitamin E: 2.11mg (14.09%), Calcium: 124.05mg (12.41%), Fiber: 2.41g (9.63%)