



Grilled Yogurt Chicken with Cucumber Salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



288 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 cucumber english cut into 1/4-in. dice
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1.3 teaspoons ground cumin
- ☐ 0.3 teaspoon turmeric
- ☐ 0.8 tsp kosher salt
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 teaspoon pepper red

- ☐ 2 tablespoons shallots minced (1 medium)
- ☐ 1.3 cups yogurt plain
- ☐ 1 tbsp vegetable oil
- ☐ 1.5 lbs chicken breast halves

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ plastic wrap
- ☐ grill
- ☐ rolling pin
- ☐ tongs
- ☐ meat tenderizer

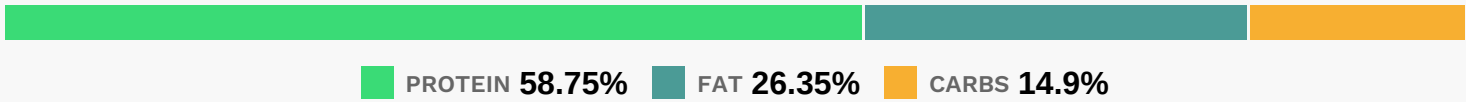
Directions

- ☐ Rinse chicken and pat dry. Trim any fat and remove the tender from each breast (reserve for another use). Working 2 at a time, arrange chicken between layers of plastic wrap. With a meat mallet or rolling pin, pound meat to an even thickness of 1/4 in.
- ☐ Prepare a grill for direct high heat (about 500; you can hold your hand 5 in. above cooking grate only 2 to 3 seconds). If using charcoal, spread half-lit coals in firegrate, top with cooking grate to preheat, and let heat build to high.
- ☐ In a medium bowl, combine yogurt, cumin, lemon juice, 3/4 tsp. salt, the chile flakes, and turmeric. Set aside 1/2 cup yogurt mixture.
- ☐ Add chicken to bowl, flip to coat on both sides, and let sit at room temperature 10 minutes.
- ☐ Transfer chicken to a plate, wiping off excess marinade; rub lightly with oil on both sides.
- ☐ Using metal tongs, wipe cooking grate with oiled paper towels. Grill chicken, covered, 3 to 4 minutes. Turn over, cover, and cook 2 to 3 minutes more.
- ☐ Transfer to a clean plate and season with salt.
- ☐ In a serving bowl, combine cucumber, shallot, mint, reserved 1/2 cup yogurt mixture, and salt and pepper to taste.

☐

Serve chicken with cucumber salad.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.23, Inflammation Score:-8, Nutrition Score:22.797825953235%

Flavonoids

Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 287.68kcal (14.38%), Fat: 8.25g (12.69%), Saturated Fat: 1.63g (10.18%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 9.53g (3.46%), Sugar: 7.59g (8.44%), Cholesterol: 110.39mg (36.8%), Sodium: 700.5mg (30.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.39g (82.77%), Vitamin B3: 18.03mg (90.17%), Selenium: 57.57µg (82.24%), Vitamin B6: 1.38mg (68.83%), Phosphorus: 504.92mg (50.49%), Vitamin B5: 3.14mg (31.38%), Potassium: 989.46mg (28.27%), Vitamin B2: 0.39mg (22.8%), Calcium: 189.21mg (18.92%), Magnesium: 74.98mg (18.75%), Vitamin K: 19.56µg (18.63%), Vitamin B12: 0.81µg (13.45%), Zinc: 1.98mg (13.2%), Vitamin B1: 0.18mg (11.75%), Manganese: 0.19mg (9.26%), Iron: 1.64mg (9.09%), Vitamin C: 6.69mg (8.11%), Vitamin A: 337.5IU (6.75%), Folate: 26.6µg (6.65%), Copper: 0.11mg (5.62%), Vitamin E: 0.75mg (4.99%), Fiber: 0.97g (3.87%), Vitamin D: 0.17µg (1.13%)