



Indian Barbecue Chicken



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 3 tablespoons ginger fresh minced
- ☐ 2 teaspoons garam masala
- ☐ 3 garlic clove minced
- ☐ 1 cup catsup
- ☐ 1 medium onion diced finely
- ☐ 35 servings pepper black freshly ground
- ☐ 4 chicken breast halves boneless skinless

- ☐ 1 pinch sugar
- ☐ 0.3 cup tamarind
- ☐ 0.3 cup blackstrap molasses
- ☐ 35 servings vegetable oil
- ☐ 0.3 cup vinegar white
- ☐ 3 tablespoons coarse mustard

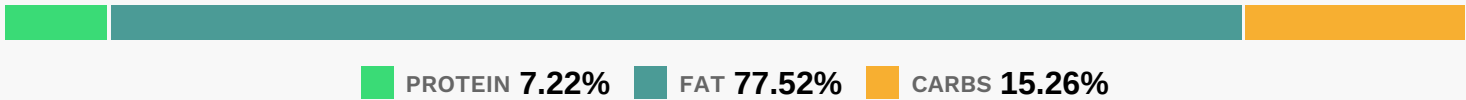
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ In a skillet, heat 3 tablespoons of oil.
- ☐ Add the onion and cook over moderate heat until translucent, 4 minutes.
- ☐ Add the garlic and ginger and cook until fragrant.
- ☐ Add the ketchup, vinegar, tamarind, molasses, sugar, mustard and cayenne and simmer over low heat, stirring, until reduced to 1 3/4 cups, 5 minutes. Stir in the garam masala and season with salt and black pepper.
- ☐ Light a grill. Rub the chicken with oil and season with salt. Grill over moderately high heat, turning once, until almost cooked, about 7 minutes.
- ☐ Brush with the sauce and grill over low heat, brushing and turning, until glazed, 4 minutes, then serve.

Nutrition Facts



Properties

Glycemic Index:11.35, Glycemic Load:2.04, Inflammation Score:-1, Nutrition Score:3.7913043693356%

Flavonoids

Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 164.31kcal (8.22%), Fat: 14.43g (22.2%), Saturated Fat: 2.22g (13.9%), Carbohydrates: 6.39g (2.13%), Net Carbohydrates: 6.08g (2.21%), Sugar: 4.93g (5.48%), Cholesterol: 8.27mg (2.76%), Sodium: 93.54mg (4.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.05%), Vitamin K: 26.25µg (25%), Vitamin E: 1.28mg (8.56%), Vitamin B3: 1.54mg (7.69%), Selenium: 5.29µg (7.56%), Vitamin B6: 0.14mg (7%), Manganese: 0.09mg (4.36%), Potassium: 139.76mg (3.99%), Magnesium: 15.56mg (3.89%), Phosphorus: 35.64mg (3.56%), Vitamin B5: 0.23mg (2.28%), Iron: 0.34mg (1.87%), Vitamin B2: 0.03mg (1.78%), Vitamin B1: 0.02mg (1.64%), Copper: 0.03mg (1.64%), Calcium: 12.63mg (1.26%), Fiber: 0.31g (1.25%), Vitamin C: 0.87mg (1.06%)