

Indian Barbeque Chicken

 **Gluten Free**

READY IN



540 min.

SERVINGS



6

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds chicken pieces bone-in
- 0.3 cup cilantro leaves fresh chopped
- 6 cloves garlic minced
- 2 tablespoons ground coriander
- 3 tablespoons ground cumin
- 1 teaspoon pepper black
- 0.5 teaspoon turmeric
- 3 tablespoons juice of lemon fresh

- 1 tablespoon goat meat
- 2 teaspoons paprika
- 2 cups yogurt plain divided
- 2 teaspoons salt

Equipment

- food processor
- bowl
- blender
- grill
- meat tenderizer

Directions

- Make shallow crosswise slits in the meat of the chicken parts to help absorb more flavor.
- Mix together the lemon juice and meat tenderizer; rub into the chicken meat.
- Place chicken into a shallow dish.
- Place 1/2 cup yogurt, cumin, coriander, cilantro, paprika, turmeric, salt, pepper, and garlic into a blender or food processor, and blend until smooth.
- Transfer to a bowl, and stir in remaining 1 1/2 cups of yogurt.
- Pour over the chicken parts, cover, and marinate in the refrigerator for at least 8 hours, or overnight.
- Preheat grill for medium heat.
- Lightly oil the grill grate.
- Remove chicken from the marinade, and discard any remaining marinade. Grill chicken 30 to 45 minutes, turning frequently to prevent burning, until juices run clear. Smaller pieces will finish cooking first.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:1.12, Inflammation Score:-9, Nutrition Score:16.500434958416%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 410.05kcal (20.5%), Fat: 27.06g (41.63%), Saturated Fat: 8.47g (52.91%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 6.8g (2.47%), Sugar: 4.18g (4.64%), Cholesterol: 127.86mg (42.62%), Sodium: 930.74mg (40.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.16g (66.32%), Vitamin B3: 11.1mg (55.48%), Selenium: 25.9µg (36.99%), Phosphorus: 339.93mg (33.99%), Vitamin B6: 0.66mg (32.88%), Iron: 4.02mg (22.35%), Vitamin B2: 0.33mg (19.6%), Zinc: 2.82mg (18.83%), Vitamin B5: 1.81mg (18.1%), Calcium: 165.91mg (16.59%), Potassium: 550.32mg (15.72%), Magnesium: 61.29mg (15.32%), Vitamin A: 726.48IU (14.53%), Manganese: 0.29mg (14.38%), Vitamin B12: 0.79µg (13.09%), Vitamin B1: 0.15mg (10.12%), Vitamin C: 7.61mg (9.23%), Copper: 0.15mg (7.36%), Vitamin K: 6.55µg (6.24%), Fiber: 1.48g (5.9%), Vitamin E: 0.85mg (5.7%), Folate: 17.96µg (4.49%), Vitamin D: 0.39µg (2.62%)