



Indian-Style Marinated Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tomatoes whole canned drained
- 3 cups rice hot cooked
- 0.3 teaspoon cumin
- 0.3 teaspoon garam masala
- 2 garlic cloves
- 0.5 inch ginger peeled chopped
- 0.3 teaspoon ground coriander
- 0.5 teaspoon ground pepper red

- 0.3 cup juice of lemon
- 1 tablespoon olive oil
- 0.5 cup peach preserves
- 1 teaspoon salt
- 24 ounce chicken breast halves boneless skinless
- 1 cup water

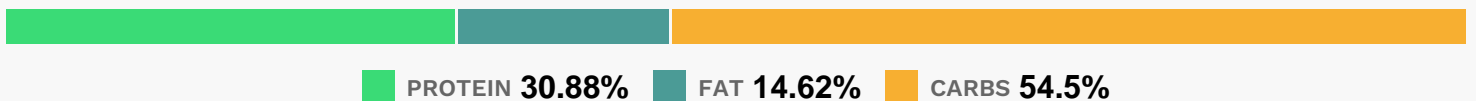
Equipment

- food processor
- sauce pan
- grill
- ziploc bags

Directions

- Combine first 10 ingredients in a food processor; process until smooth.
- Combine preserves mixture and chicken in a zip-top plastic bag. Seal and marinate in refrigerator 2 hours, turning the bag occasionally.
- Preheat grill.
- Remove chicken from bag; reserve marinade.
- Sprinkle chicken evenly with salt; place chicken on grill rack coated with cooking spray. Grill 6 minutes on each side or until chicken is done.
- Combine the reserved sauce and 1 cup water in a medium saucepan over medium-high heat; bring to a boil. Reduce heat, and simmer until reduced to 3/4 cup (about 8 minutes).
- Serve sauce over chicken and rice.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:51.9, Inflammation Score:-6, Nutrition Score:27.752173833225%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 540.41kcal (27.02%), Fat: 8.69g (13.37%), Saturated Fat: 1.6g (10%), Carbohydrates: 72.91g (24.3%), Net Carbohydrates: 69.66g (25.33%), Sugar: 26.01g (28.89%), Cholesterol: 108.86mg (36.29%), Sodium: 1091.3mg (47.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.32g (82.63%), Vitamin B3: 19.75mg (98.77%), Selenium: 64.67µg (92.39%), Vitamin B6: 1.65mg (82.73%), Phosphorus: 460.96mg (46.1%), Manganese: 0.8mg (40.1%), Vitamin C: 31.53mg (38.22%), Potassium: 1124.26mg (32.12%), Vitamin B5: 3.17mg (31.68%), Magnesium: 86.27mg (21.57%), Vitamin B2: 0.34mg (19.89%), Iron: 3.26mg (18.1%), Copper: 0.33mg (16.7%), Vitamin E: 2.43mg (16.19%), Vitamin B1: 0.24mg (16.04%), Fiber: 3.25g (12.99%), Zinc: 1.93mg (12.89%), Calcium: 100.92mg (10.09%), Folate: 34.94µg (8.74%), Vitamin K: 8.64µg (8.23%), Vitamin A: 398.13IU (7.96%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)