



## Indian Tandoori BBQ Chicken

 Gluten Free

READY IN



159 min.

SERVINGS



4

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup bull's-eye original barbecue sauce
- 0.3 tsp chili powder
- 1 tsp fenugreek leaves dried
- 1 tsp garam masala
- 2 cloves garlic minced
- 1 tsp gingerroot minced
- 1 tsp ground coriander
- 1 tsp ground cumin

- 2 Tbsp juice of lemon
- 1 Tbsp oil
- 0.3 cup nonfat yogurt plain greek-style
- 1.5 lb skin-on chicken drumsticks skinless

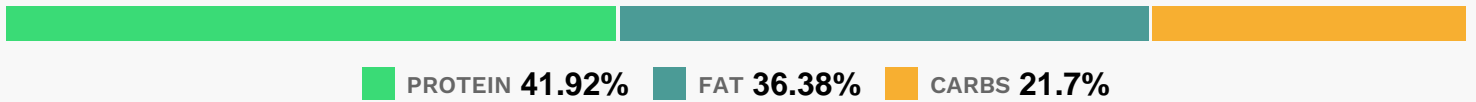
## Equipment

- grill

## Directions

- Mix all ingredients except chicken. Reserve 1/4 of the sauce.
- Pour remaining over chicken in shallow dish; turn to coat both sides of each drumstick. Refrigerate 2 hours to marinate.
- Heat grill to medium-high heat.
- Remove chicken from marinade; discard marinade. Grill chicken 24 min. or until done (165F), turning and brushing occasionally with reserved sauce.

## Nutrition Facts



## Properties

Glycemic Index:13.75, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:9.6904347668523%

## 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 Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 193.81kcal (9.69%), Fat: 7.72g (11.87%), Saturated Fat: 1.23g (7.69%), Carbohydrates: 10.36g (3.45%), Net Carbohydrates: 9.74g (3.54%), Sugar: 7.35g (8.16%), Cholesterol: 89.1mg (29.7%), Sodium: 310.9mg (13.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.01g (40.03%), Selenium: 21.81µg (31.15%), Vitamin B3: 5.32mg (26.61%), Phosphorus: 210.27mg (21.03%), Vitamin B6: 0.41mg (20.56%), Zinc: 2.35mg (15.64%), Vitamin B2: 0.24mg (13.99%), Vitamin B5: 1.23mg (12.34%), Vitamin B12: 0.63µg (10.44%), Potassium: 351.04mg (10.03%), Magnesium:

30.56mg (7.64%), Vitamin B1: 0.11mg (7.12%), Iron: 1.26mg (7.02%), Vitamin E: 1.03mg (6.85%), Calcium: 57.88mg (5.79%), Vitamin K: 5.94µg (5.66%), Copper: 0.1mg (4.83%), Manganese: 0.1mg (4.76%), Vitamin C: 3.77mg (4.58%), Fiber: 0.62g (2.48%), Vitamin A: 119.79IU (2.4%), Folate: 7.84µg (1.96%)