



Middle Eastern Yogurt Chicken

 **Gluten Free**

READY IN



100 min.

SERVINGS



6

CALORIES



180 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 pinch pepper black freshly ground
- ☐ 1 pinch cayenne pepper to taste
- ☐ 1 green onion sliced
- ☐ 1.5 teaspoons ground cumin
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.5 teaspoon paprika
- ☐ 1 cup yogurt plain

- ☐ 1 teaspoon salt
- ☐ 6 chicken breast halves boneless skinless
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 1 sprig spearmint chopped
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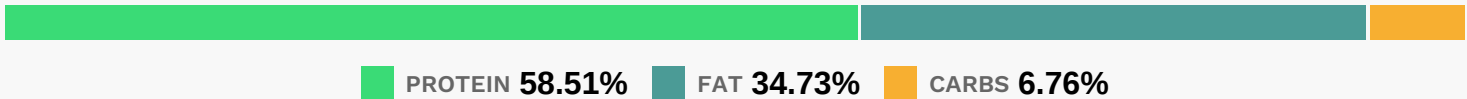
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Whisk together yogurt, olive oil, vinegar, oregano, green onion, cumin, salt, paprika, black pepper, and cayenne pepper in a large glass or ceramic bowl.
- ☐ Add the chicken breast halves and toss to evenly coat. Cover the bowl with plastic wrap and marinate in the refrigerator 1 hour to overnight.
- ☐ Preheat an oven to 500 degrees F (260 degrees C). Grease a shallow baking dish.
- ☐ Remove chicken from the marinade and shake off excess. Discard used marinade. Arrange chicken in prepared baking dish.
- ☐ Bake in preheated oven until chicken is no longer pink in the center and the juices run clear, about 25 minutes, turning occasionally. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- ☐ Garnish with spearmint before serving.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:0.42, Inflammation Score:-7, Nutrition Score:13.276521630909%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 180.12kcal (9.01%), Fat: 6.76g (10.4%), Saturated Fat: 1.84g (11.53%), Carbohydrates: 2.96g (0.99%), Net Carbohydrates: 2.44g (0.89%), Sugar: 2.01g (2.24%), Cholesterol: 77.63mg (25.88%), Sodium: 539.18mg (23.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.64g (51.27%), Vitamin B3: 11.91mg (59.53%), Selenium: 37.15µg (53.07%), Vitamin B6: 0.88mg (43.78%), Phosphorus: 281.36mg (28.14%), Vitamin B5: 1.78mg (17.83%), Potassium: 511.79mg (14.62%), Vitamin K: 11.23µg (10.7%), Vitamin B2: 0.18mg (10.64%), Magnesium: 39.22mg (9.81%), Calcium: 75.36mg (7.54%), Iron: 1.17mg (6.51%), Zinc: 0.96mg (6.4%), Vitamin B12: 0.38µg (6.28%), Vitamin B1: 0.09mg (6.03%), Vitamin E: 0.81mg (5.39%), Manganese: 0.09mg (4.36%), Vitamin A: 203.91IU (4.08%), Folate: 10.79µg (2.7%), Vitamin C: 2.02mg (2.45%), Copper: 0.05mg (2.37%), Fiber: 0.53g (2.1%), Vitamin D: 0.15µg (1.03%)