



WHATSheATE



Saffron-Marinated Chicken Skewers (Kesari Malai Tikka)

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons almond flour
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup cheese
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 tablespoons milk 2% reduced-fat
- ☐ 0.5 teaspoon saffron threads crushed

- ☐ 1 teaspoon salt
- ☐ 2 pounds chicken breast boneless skinless cut into 1 1/2-inch pieces

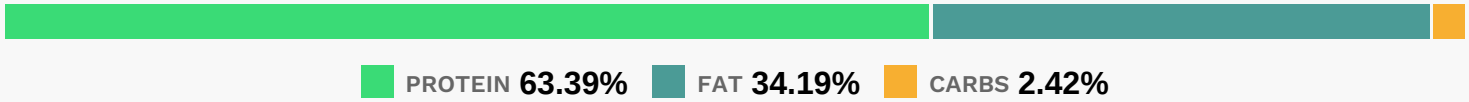
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags
- ☐ microwave
- ☐ skewers

Directions

- ☐ Prepare grill.
- ☐ Combine milk and saffron in a small microwave-safe bowl, and microwave at high 20 seconds.
- ☐ Let stand 5 minutes.
- ☐ Combine the milk mixture, Yogurt Cheese, and next 5 ingredients (through pepper) in a large zip-top plastic bag.
- ☐ Add chicken, tossing to coat; seal. Marinate in refrigerator 2 1/2 hours, turning occasionally.
- ☐ Remove chicken from bag, and discard marinade. Divide chicken evenly onto each of 20 (6-inch) skewers.
- ☐ Place skewers on grill rack coated with cooking spray; grill 15 minutes or until cooked through, turning once.

Nutrition Facts



Properties

Glycemic Index:14.4, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:9.4143478416878%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin:

0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 136.82kcal (6.84%), Fat: 5.03g (7.74%), Saturated Fat: 1.69g (10.56%), Carbohydrates: 0.8g (0.27%), Net Carbohydrates: 0.62g (0.22%), Sugar: 0.24g (0.27%), Cholesterol: 63.95mg (21.32%), Sodium: 376.27mg (16.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21g (41.99%), Vitamin B3: 9.47mg (47.37%), Selenium: 30.72µg (43.88%), Vitamin B6: 0.69mg (34.31%), Phosphorus: 219.59mg (21.96%), Vitamin B5: 1.33mg (13.3%), Potassium: 349.09mg (9.97%), Vitamin B2: 0.12mg (7.16%), Magnesium: 25.96mg (6.49%), Calcium: 51.76mg (5.18%), Zinc: 0.75mg (5.02%), Vitamin B12: 0.26µg (4.29%), Vitamin B1: 0.06mg (4.09%), Iron: 0.42mg (2.31%), Vitamin A: 87.49IU (1.75%), Vitamin C: 1.33mg (1.61%), Manganese: 0.03mg (1.55%), Copper: 0.03mg (1.49%), Vitamin E: 0.22mg (1.46%), Folate: 5.16µg (1.29%)