



Tandoori Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons pepper black
- ☐ 1 tablespoon garam masala
- ☐ 4 garlic clove mashed
- ☐ 1 piece ginger grated
- ☐ 1.5 tablespoons ground cumin
- ☐ 0.5 cup heavy whipping cream
- ☐ 0.5 cup paprika
- ☐ 0.5 cup olive oil

- ☐ 1 pint yogurt plain
- ☐ 1 tablespoon salt
- ☐ 3 tablespoons tomato paste
- ☐ 0.5 cup vinegar white
- ☐ 4 sugar substitute quartered cut into pieces

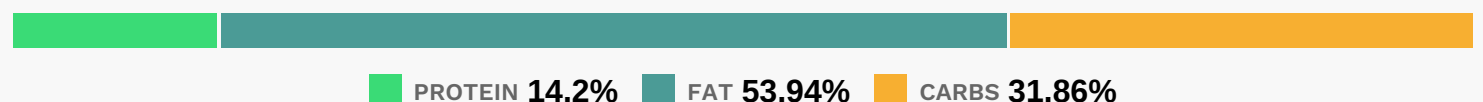
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ roasting pan
- ☐ ziploc bags

Directions

- ☐ Mix together all the ingredients but the chicken in a large bowl. Divide the mixture between two resealable plastic bags. Make 4 or 5 deep slits in each piece of chicken and place the pieces in the bags. Coat the chicken well and marinate it overnight in the refrigerator.
- ☐ Preheat oven to 500°F.
- ☐ Remove the chicken from the bags and blot it with paper towels to remove excess marinade.
- ☐ Place it in a roasting pan and roast for about 20 minutes, then turn the pieces over and roast for another 10 minutes, or until done.
- ☐ Serve with white rice, along with naan bread, saag paneer, and samosas (all available frozen at Kalustyan's; frozen samosas are also sold at ethnicfoodsco.com). Fry the samosas according to the package directions on the morning of the party, then reheat them at 350°F for 6 to 8 minutes before serving. They taste best with mango or coriander chutney (available at Kalustyan's).

Nutrition Facts



Properties

Glycemic Index:10.08, Glycemic Load:0.4, Inflammation Score:-7, Nutrition Score:4.0056521892548%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 49.8kcal (2.49%), Fat: 3.15g (4.85%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 3.11g (1.13%), Sugar: 2.29g (2.55%), Cholesterol: 6mg (2%), Sodium: 325.65mg (14.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.74%), Vitamin A: 1220.53IU (24.41%), Manganese: 0.13mg (6.59%), Vitamin E: 0.93mg (6.23%), Calcium: 55.54mg (5.55%), Vitamin B2: 0.09mg (5.23%), Iron: 0.87mg (4.86%), Phosphorus: 46.29mg (4.63%), Fiber: 1.09g (4.35%), Potassium: 143.31mg (4.09%), Vitamin B6: 0.07mg (3.72%), Vitamin K: 3.62µg (3.45%), Magnesium: 11.48mg (2.87%), Zinc: 0.35mg (2.3%), Vitamin B12: 0.13µg (2.14%), Vitamin B5: 0.21mg (2.09%), Copper: 0.04mg (1.97%), Selenium: 1.25µg (1.79%), Vitamin B3: 0.34mg (1.72%), Vitamin B1: 0.02mg (1.54%), Vitamin C: 0.86mg (1.05%), Folate: 4.08µg (1.02%)