



Tandoori chicken



Gluten Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 juice of lemon
- ☐ 4 tsp paprika
- ☐ 2 onion red finely chopped
- ☐ 16 chicken thighs skinless
- ☐ 8 servings vegetable oil for brushing
- ☐ 300 ml greek yogurt
- ☐ 1 large piece ginger grated
- ☐ 4 garlic clove crushed

- ☐ 0.8 tsp garam masala
- ☐ 0.8 tsp ground cumin
- ☐ 0.5 tsp chili powder
- ☐ 0.3 tsp turmeric

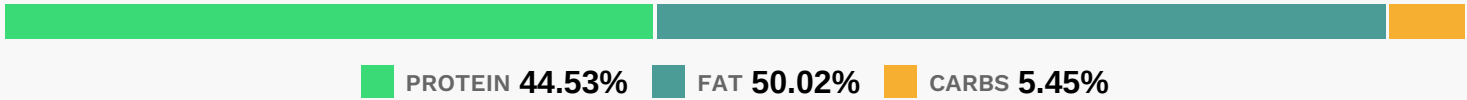
Equipment

- ☐ baking pan
- ☐ grill

Directions

- ☐ Mix the lemon juice with the paprika and red onions in a large shallow dish. Slash each chicken thigh three times, then turn them in the juice and set aside for 10 mins.
- ☐ Mix all of the marinade ingredients together and pour over the chicken. Give everything a good mix, then cover and chill for at least 1 hr. This can be done up to a day in advance.
- ☐ Heat the grill. Lift the chicken pieces onto a rack over a baking tray.
- ☐ Brush over a little oil and grill for 8 mins on each side or until lightly charred and completely cooked through.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:0.77, Inflammation Score:-8, Nutrition Score:22.556086871935%

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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 433.04kcal (21.65%), Fat: 23.71g (36.48%), Saturated Fat: 4.55g (28.43%), Carbohydrates: 5.81g (1.94%), Net Carbohydrates: 4.74g (1.72%), Sugar: 2.56g (2.84%), Cholesterol: 216.29mg (72.1%), Sodium: 218.12mg (9.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.49g (94.98%), Selenium: 54.7µg (78.14%), Vitamin B3: 12.89mg (64.46%), Vitamin B6: 1.11mg (55.63%), Phosphorus: 482.14mg (48.21%), Vitamin K: 33.56µg (31.96%), Vitamin B2: 0.52mg (30.36%), Vitamin B5: 2.9mg (29.02%), Vitamin B12: 1.67µg (27.81%), Zinc: 3.74mg (24.95%), Potassium: 690.52mg (19.73%), Magnesium: 62.54mg (15.63%), Vitamin B1: 0.23mg (15.57%), Vitamin A: 675.48IU (13.51%), Vitamin E: 1.98mg (13.22%), Iron: 2.35mg (13.07%), Copper: 0.16mg (8.11%), Calcium: 70.22mg (7.02%), Manganese: 0.14mg (6.76%), Vitamin C: 5.49mg (6.66%), Folate: 18.78µg (4.7%), Fiber: 1.07g (4.27%)