



Tandoori Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 chicken breast halves
- ☐ 2 pounds chicken leg quarters
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.1 teaspoon ground cloves
- ☐ 2 teaspoons ground coriander seeds

- ☐ 1 tablespoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 tablespoons juice of lemon
- ☐ 4 lemon wedges
- ☐ 0.7 cup yogurt plain low-fat
- ☐ 1 tablespoon paprika
- ☐ 0.5 teaspoon salt

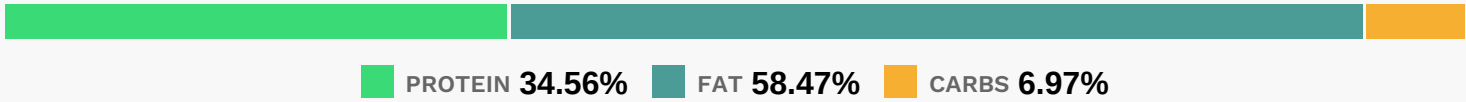
Equipment

- ☐ oven
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine the first 13 ingredients in a large zip-top plastic bag; seal bag, and shake to coat. Marinate in refrigerator for 2 hours, turning bag occasionally.
- ☐ Remove the chicken from bag, discarding the marinade.
- ☐ Preheat oven to 50
- ☐ Place chicken on a broiler pan coated with cooking spray; sprinkle with salt.
- ☐ Bake at 500 for 25 minutes or until done.
- ☐ Serve with lemon wedges; garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:39.88, Glycemic Load:0.66, Inflammation Score:-7, Nutrition Score:24.219130479771%

Flavonoids

Eriodictyol: 4.39mg, Eriodictyol: 4.39mg, Eriodictyol: 4.39mg, Eriodictyol: 4.39mg Hesperetin: 6.65mg, Hesperetin: 6.65mg, Hesperetin: 6.65mg, Hesperetin: 6.65mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 539.96kcal (27%), Fat: 35.01g (53.86%), Saturated Fat: 9.46g (59.12%), Carbohydrates: 9.39g (3.13%), Net Carbohydrates: 7.42g (2.7%), Sugar: 3.89g (4.32%), Cholesterol: 227.53mg (75.84%), Sodium: 538.67mg (23.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.55g (93.11%), Selenium: 56.36µg (80.52%), Vitamin B3: 15.23mg (76.16%), Vitamin B6: 1.2mg (60.15%), Phosphorus: 508mg (50.8%), Vitamin B5: 3.12mg (31.17%), Vitamin B12: 1.58µg (26.26%), Vitamin B2: 0.44mg (25.76%), Potassium: 839.57mg (23.99%), Vitamin A: 1126.77IU (22.54%), Zinc: 3.37mg (22.46%), Vitamin C: 16.18mg (19.61%), Magnesium: 74.74mg (18.68%), Iron: 3.29mg (18.3%), Manganese: 0.31mg (15.65%), Vitamin B1: 0.23mg (15.36%), Calcium: 130.01mg (13%), Copper: 0.18mg (8.84%), Fiber: 1.96g (7.86%), Vitamin E: 1.18mg (7.85%), Vitamin K: 6.16µg (5.87%), Folate: 18.2µg (4.55%), Vitamin D: 0.25µg (1.66%)