



Tandoori Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



171 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon chili powder
- ☐ 1 teaspoon ginger fresh peeled coarsely chopped
- ☐ 2 garlic cloves peeled
- ☐ 1 teaspoon ground coriander seeds
- ☐ 1 teaspoon ground cumin
- ☐ 1 Dash ground nutmeg
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 0.5 cup yogurt plain low-fat
- ☐ 0.8 cup onion coarsely chopped
- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 16 ounce chicken breast halves boneless skinless

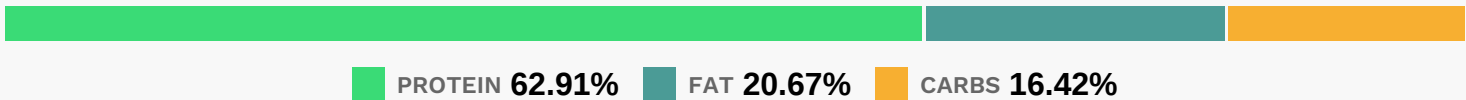
Equipment

- ☐ food processor
- ☐ grill
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Place first 3 ingredients in a food processor; process until finely chopped.
- ☐ Add yogurt and the next 8 ingredients (yogurt through nutmeg); pulse 4 times or until blended.
- ☐ Make 3 diagonal cuts 1/4 inch deep across top of each chicken breast half.
- ☐ Combine chicken and yogurt mixture in a large zip-top plastic bag. Seal and marinate in refrigerator 8 hours or overnight, turning occasionally.
- ☐ Prepare grill or broiler.
- ☐ Remove chicken breast from bag; discard marinade.
- ☐ Place chicken on grill rack or broiler pan coated with cooking spray; cook 6 minutes on each side or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:0.86, Inflammation Score:-5, Nutrition Score:14.125652043716%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

Nutrients (% of daily need)

Calories: 171.13kcal (8.56%), Fat: 3.86g (5.93%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 6.9g (2.3%), Net Carbohydrates: 5.73g (2.08%), Sugar: 3.7g (4.11%), Cholesterol: 74.41mg (24.8%), Sodium: 450.74mg (19.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.41g (52.83%), Vitamin B3: 12.03mg (60.16%), Selenium: 37.92µg (54.17%), Vitamin B6: 0.94mg (47.02%), Phosphorus: 301.29mg (30.13%), Vitamin B5: 1.87mg (18.65%), Potassium: 581.13mg (16.6%), Vitamin B2: 0.2mg (11.85%), Magnesium: 43.93mg (10.98%), Calcium: 83mg (8.3%), Vitamin A: 378.28IU (7.57%), Vitamin B1: 0.11mg (7.43%), Manganese: 0.15mg (7.3%), Zinc: 1.09mg (7.27%), Vitamin C: 5.93mg (7.18%), Vitamin B12: 0.4µg (6.64%), Iron: 1.12mg (6.24%), Fiber: 1.17g (4.68%), Folate: 15.03µg (3.76%), Copper: 0.07mg (3.61%), Vitamin E: 0.5mg (3.32%), Vitamin K: 1.33µg (1.27%)