



Tandoori Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 2 tablespoons vindaloo paste (preferably Patak's brand)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 cup yogurt plain low-fat greek-style (not ; preferably)
- ☐ 1 teaspoon salt
- ☐ 6 chicken legs whole (thigh and drumstick;)

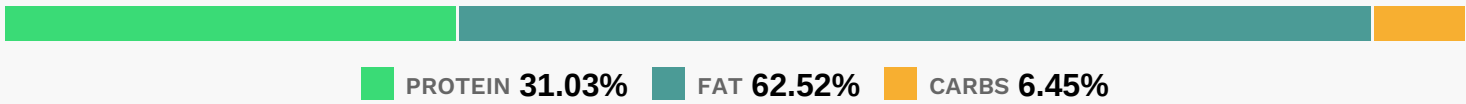
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Put oven rack in middle position and preheat oven to 500°F. Line rack of a broiler pan with foil.
- ☐ Stir together all ingredients except chicken in a large bowl until combined well. Coat both sides of chicken legs well with yogurt mixture (use all of it), then transfer to broiler pan, arranging them in 1 layer.
- ☐ Roast chicken until charred in some spots and cooked through, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:0.72, Inflammation Score:-3, Nutrition Score:11.273043456285%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 314.71kcal (15.74%), Fat: 21.55g (33.15%), Saturated Fat: 6.1g (38.12%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 4.46g (1.62%), Sugar: 3.23g (3.59%), Cholesterol: 122.25mg (40.75%), Sodium: 736.68mg (32.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.07g (48.13%), Selenium: 24.95µg (35.64%), Vitamin B3: 6.24mg (31.19%), Phosphorus: 269.56mg (26.96%), Vitamin B6: 0.45mg (22.25%), Vitamin B2: 0.29mg (16.98%), Zinc: 2.43mg (16.2%), Vitamin B12: 0.95µg (15.91%), Vitamin B5: 1.55mg (15.55%), Potassium: 386.5mg (11.04%), Calcium: 95.9mg (9.59%), Magnesium: 36.25mg (9.06%), Vitamin B1: 0.12mg (7.99%), Vitamin K: 7.18µg (6.84%), Iron: 1.2mg (6.65%), Manganese: 0.13mg (6.43%), Copper: 0.11mg (5.5%), Vitamin A: 270.27IU (5.41%), Folate: 13.31µg (3.33%), Fiber: 0.54g (2.15%), Vitamin E: 0.32mg (2.1%), Vitamin C: 1.36mg (1.65%)