



Tandoori Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds chicken pieces
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon ground pepper red

- ☐ 1 teaspoon ground turmeric
- ☐ 6 tablespoons juice of lime fresh (3 limes)
- ☐ 3 tablespoons yogurt plain
- ☐ 1.5 teaspoons salt
- ☐ 1 small serrano chile peppers minced seeded
- ☐ 8 servings serrano chile peppers
- ☐ 2 tablespoons vegetable oil divided

Equipment

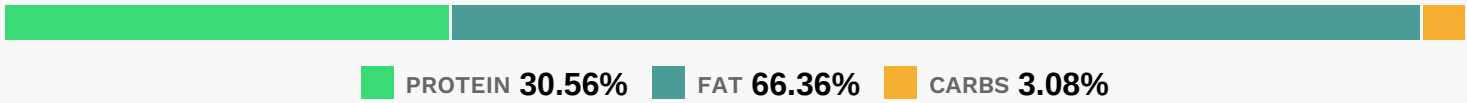
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Stir together first 12 ingredients and 1 tablespoon vegetable oil in a large bowl until blended.
- ☐ Skin chicken breasts.
- ☐ Remove breast bones by inserting a sharp knife tip between bone and meat, cutting gently to remove as much meat as possible.
- ☐ Cut breast halves into thirds.
- ☐ Cut deep slits, 1-inch apart, into remaining chicken pieces. (Do not skin pieces.)
- ☐ Place chicken in a large bowl with spice mixture. Thoroughly rub spice mixture into slits. Cover and chill 8 hours.
- ☐ Drizzle remaining 1 tablespoon oil in a large aluminum foil-lined roasting pan. Arrange chicken in a single layer in pan.
- ☐ Bake chicken at 450 for 35 minutes or until done.
- ☐ Arrange chicken on a serving platter.
- ☐ Garnish, if desired.

Note: For testing purposes only, we used Butterball Best of the Fryer, a cut-up mix of chicken breasts, thighs, legs, and wings.

Nutrition Facts



Properties

Glycemic Index:8.88, Glycemic Load:0.09, Inflammation Score:-9, Nutrition Score:9.360869500948%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 291.02kcal (14.55%), Fat: 21.24g (32.68%), Saturated Fat: 5.69g (35.55%), Carbohydrates: 2.21g (0.74%), Net Carbohydrates: 1.8g (0.65%), Sugar: 0.64g (0.72%), Cholesterol: 87.72mg (29.24%), Sodium: 521.81mg (22.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.01g (44.02%), Vitamin B3: 7.97mg (39.85%), Selenium: 17.06µg (24.37%), Vitamin B6: 0.43mg (21.66%), Phosphorus: 183.83mg (18.38%), Vitamin B5: 1.1mg (11.02%), Zinc: 1.62mg (10.83%), Vitamin B2: 0.16mg (9.2%), Vitamin K: 8.53µg (8.13%), Iron: 1.44mg (8.01%), Manganese: 0.16mg (7.79%), Potassium: 270.09mg (7.72%), Vitamin C: 6.29mg (7.62%), Magnesium: 28.35mg (7.09%), Vitamin B12: 0.39µg (6.44%), Vitamin B1: 0.08mg (5.29%), Vitamin A: 246.89IU (4.94%), Vitamin E: 0.73mg (4.85%), Copper: 0.07mg (3.52%), Calcium: 29.89mg (2.99%), Folate: 9.37µg (2.34%), Fiber: 0.42g (1.67%), Vitamin D: 0.24µg (1.59%)