



Tandoori Chicken Bites with Mango Chutney

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



921 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 pounds chicken tenderloins
- ☐ 3 tablespoons curry powder
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon kosher salt
- ☐ 2 servings kosher salt and pepper black to taste
- ☐ 3 tablespoons juice of lime
- ☐ 2 cups yogurt plain low-fat

- ☐ 3 tablespoons mango chutney
- ☐ 2 servings vegetable oil

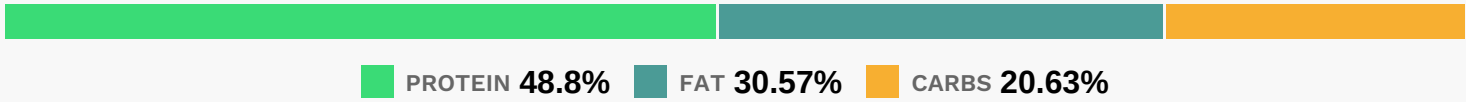
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In a large bowl, combine yogurt with minced garlic, curry powder, lime juice, 1 teaspoon kosher salt, and 1/2 teaspoon black pepper; add chicken tenders. Refrigerate for 30 minutes or up to 4 hours. Oil the grates of a grill; heat to medium-high. Coat tenders with cooking spray before placing on grill. Cook until done (about 2–3 minutes per side); season again with salt and pepper.
- ☐ Remove and cool slightly; cut into bite-size pieces.
- ☐ Serve with mango chutney.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:11.78, Inflammation Score:-8, Nutrition Score:44.069130399953%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 921.44kcal (46.07%), Fat: 30.86g (47.48%), Saturated Fat: 7.37g (46.09%), Carbohydrates: 46.86g (15.62%), Net Carbohydrates: 43.23g (15.72%), Sugar: 32.47g (36.08%), Cholesterol: 305mg (101.67%), Sodium: 2069.79mg (89.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 110.84g (221.69%), Vitamin B3: 47.98mg (239.9%), Selenium: 156.06µg (222.95%), Vitamin B6: 3.69mg (184.64%), Phosphorus: 1353.28mg (135.33%), Vitamin B5: 7.98mg (79.79%), Potassium: 2464.86mg (70.42%), Vitamin B2: 1.04mg (60.89%), Calcium: 534.4mg

(53.44%), Magnesium: 187.46mg (46.86%), Vitamin B12: 2.28µg (37.99%), Vitamin K: 37.16µg (35.39%), Zinc: 5.27mg (35.16%), Manganese: 0.62mg (31.12%), Vitamin B1: 0.44mg (29.39%), Vitamin E: 4.15mg (27.69%), Iron: 4.84mg (26.91%), Vitamin C: 19.22mg (23.3%), Folate: 64.72µg (16.18%), Fiber: 3.63g (14.52%), Copper: 0.28mg (14.24%), Vitamin A: 364.16IU (7.28%), Vitamin D: 0.45µg (3.02%)