






 **35%**
HEALTH SCORE

Tandoori Chicken Sandwiches

READY IN

45 min.

SERVINGS

6

CALORIES

644 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 0.3 teaspoon ground pepper
- 2 teaspoons apple cider vinegar
- 1 cup cilantro leaves fresh packed
- 2 tablespoons ginger fresh chopped
- 1 cup mint leaves fresh packed
- 2 garlic clove chopped
- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 1 jalapeno minced seeded

- 2 tablespoons juice of lemon fresh
- 0.5 cup mayonnaise
- 3 tablespoons onion chopped
- 1 cup yogurt plain
- 6 chicken breast halves boneless skinless
- 12 slices sourdough bread
- 0.3 teaspoon turmeric

Equipment

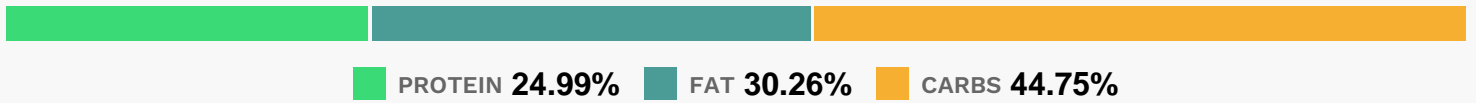
- bowl
- grill
- broiler
- glass baking pan

Directions

- Arrange boneless chicken breasts in single layer in large glass baking dish.
- Sprinkle with fresh lemon juice: season with salt.
- Mix plain yogurt, chopped fresh ginger, chopped garlic, ground cumin, ground coriander, cayenne pepper and turmeric in medium bowl.
- Pour yogurt marinade over chicken breasts and turn to coat. Cover chicken and refrigerate 3 to 8 hours.
- Prepare barbecue (medium-high heat) or preheat broiler.
- Remove chicken breasts from marinade (do not wipe clean). Grill or broil chicken until just cooked through, about 5 minutes per side. Cool slightly. (Chicken can be prepared up to 2 hours ahead. Cover and let stand at room temperature.)
- Lightly toast (or grill) sourdough bread.
- Spread 1 side of each piece of bread generously with Indian Spiced Mayonnaise. Slice chicken breasts diagonally.
- Place slices of 1 breast atop each of 6 sourdough bread slices. Top with remaining bread slices.

- Cut chicken sandwiches in half.
- Serve sandwiches warm or at room temperature.
- Combine 1 cup mint leaves, 1 cup cilantro leaves, minced jalapeño chili and chopped onion in work bowl of processor. Process until very finely chopped.
- Mix in cider vinegar.
- Add mayonnaise and process just until combined. Season mayonnaise to taste with salt and pepper. (Mayonnaise can be prepared 3 days ahead. Cover tightly and refrigerate.) Makes about 1 scant cup.

Nutrition Facts



Properties

Glycemic Index:61.25, Glycemic Load:51.93, Inflammation Score:-9, Nutrition Score:31.555217763652%

Flavonoids

Eriodictyol: 2.56mg, Eriodictyol: 2.56mg, Eriodictyol: 2.56mg, Eriodictyol: 2.56mg Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 643.85kcal (32.19%), Fat: 21.54g (33.13%), Saturated Fat: 4.4g (27.49%), Carbohydrates: 71.65g (23.88%), Net Carbohydrates: 67.8g (24.65%), Sugar: 8.45g (9.39%), Cholesterol: 85.47mg (28.49%), Sodium: 1043.78mg (45.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.01g (80.03%), Selenium: 74.38µg (106.26%), Vitamin B3: 18.23mg (91.16%), Vitamin B1: 1.01mg (67.44%), Vitamin B6: 1.05mg (52.5%), Folate: 178.96µg (44.74%), Vitamin B2: 0.75mg (44.29%), Phosphorus: 428.06mg (42.81%), Manganese: 0.84mg (42.13%), Vitamin K: 40.46µg (38.53%), Iron: 6.14mg (34.13%), Vitamin B5: 2.3mg (23%), Magnesium: 86.05mg (21.51%), Potassium: 733.47mg (20.96%), Zinc: 2.41mg (16.05%), Fiber: 3.85g (15.4%), Calcium: 150.16mg (15.02%), Copper: 0.28mg (13.95%), Vitamin A: 647.44IU (12.95%), Vitamin C: 10.3mg (12.48%), Vitamin E: 1.32mg (8.79%), Vitamin B12: 0.4µg (6.66%), Vitamin D: 0.19µg (1.27%)