



## Tandoori Chicken Thighs

 Gluten Free

READY IN



170 min.

SERVINGS



4

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 chicken thighs
- 2 teaspoons garam masala
- 1 teaspoon garlic crushed
- 1 teaspoon ginger minced
- 2 teaspoons paprika
- 1.5 cups yogurt plain

### Equipment

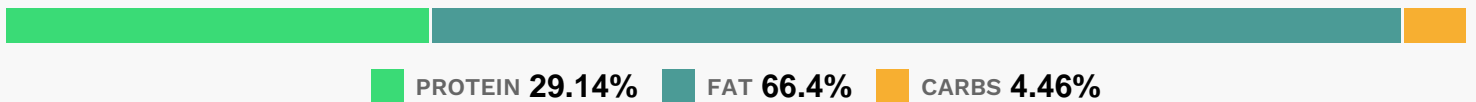
- bowl

- baking sheet
- oven
- plastic wrap
- grill
- aluminum foil

## Directions

- Rinse and pat dry chicken thighs.
- In a large bowl, combine the remaining ingredients and stir until smooth.
- Add thighs and make sure they are coated. Cover with plastic wrap and refrigerate at least 2 to 3 hours, preferably overnight.
- Set up grill for indirect cooking over medium-high heat. Oil grate when ready to start cooking.
- Remove chicken from refrigerator and let sit at room temperature for 30 minutes.
- Cook 40 to 45 minutes or until internal temperature reaches 180 degrees F. Check for doneness by cutting into thigh to make sure there is no redness near bone.
- NOTE INDOOR GRILLING: Prepare chicken as directed. Preheat oven to 425 degrees F. Roast in preheated oven on foil lined baking sheet for 30 minutes or until internal temperature reaches 180 degrees F.

## Nutrition Facts



## Properties

Glycemic Index:19.75, Glycemic Load:0.92, Inflammation Score:-5, Nutrition Score:18.374347733415%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 559.32kcal (27.97%), Fat: 40.79g (62.75%), Saturated Fat: 12.07g (75.43%), Carbohydrates: 6.16g (2.05%), Net Carbohydrates: 5.6g (2.04%), Sugar: 4.4g (4.89%), Cholesterol: 233.42mg (77.81%), Sodium: 217.84mg (9.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.28g (80.55%), Selenium: 44.46µg (63.51%), Vitamin B3:

10.67mg (53.37%), Phosphorus: 448.82mg (44.88%), Vitamin B6: 0.84mg (41.8%), Vitamin B12: 1.79µg (29.77%),  
Vitamin B5: 2.68mg (26.84%), Vitamin B2: 0.44mg (26%), Zinc: 3.42mg (22.81%), Potassium: 633.59mg (18.1%),  
Vitamin A: 759.84IU (15.2%), Magnesium: 56.15mg (14.04%), Calcium: 132.98mg (13.3%), Vitamin B1: 0.2mg (13.25%),  
Iron: 1.79mg (9.93%), Copper: 0.13mg (6.7%), Vitamin E: 0.82mg (5.48%), Vitamin K: 5.75µg (5.47%), Manganese:  
0.07mg (3.47%), Folate: 13.78µg (3.44%), Fiber: 0.56g (2.25%), Vitamin D: 0.32µg (2.12%)