



Tandoori Chicken Thighs

 Gluten Free

READY IN



155 min.

SERVINGS



4

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 1.5 tablespoons ginger fresh grated peeled
- ☐ 5 garlic clove minced
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon ground pepper red
- ☐ 0.5 teaspoon turmeric
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup onion grated

- ☐ 1 cup greek yogurt plain 2% reduced-fat
- ☐ 8 chicken thighs boneless skinless

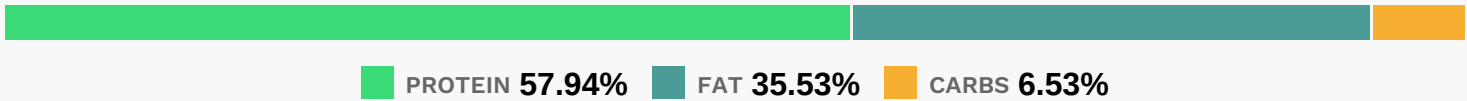
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 7 ingredients in a bowl, stirring well. Scrape the yogurt mixture into a large zip-top plastic bag.
- ☐ Add the chicken to yogurt mixture in bag; seal. Marinate in refrigerator for 2 hours.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Sprinkle both sides of chicken evenly with salt.
- ☐ Preheat grill to medium-high heat.
- ☐ Brush grill rack with oil. Arrange chicken on grill rack. Grill 6 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.69, Inflammation Score:-9, Nutrition Score:21.838260816491%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 350.17kcal (17.51%), Fat: 13.47g (20.72%), Saturated Fat: 2.7g (16.87%), Carbohydrates: 5.57g (1.86%), Net Carbohydrates: 4.92g (1.79%), Sugar: 2.23g (2.48%), Cholesterol: 217.2mg (72.4%), Sodium: 513.97mg (22.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.42g (98.84%), Selenium: 56.76µg (81.09%), Vitamin B3: 12.91mg (64.55%), Vitamin B6: 1.12mg (56.18%), Phosphorus: 509.77mg (50.98%), Vitamin B2: 0.56mg (32.84%),

Vitamin B12: 1.8µg (29.94%), Vitamin B5: 2.92mg (29.17%), Zinc: 3.87mg (25.77%), Potassium: 707.99mg (20.23%),
Iron: 3.08mg (17.13%), Magnesium: 67.29mg (16.82%), Vitamin B1: 0.24mg (15.91%), Manganese: 0.2mg (10.13%),
Calcium: 100.69mg (10.07%), Vitamin K: 9.67µg (9.21%), Copper: 0.17mg (8.64%), Vitamin E: 1.24mg (8.29%),
Vitamin A: 283.88IU (5.68%), Folate: 15.62µg (3.9%), Vitamin C: 2.6mg (3.16%), Fiber: 0.65g (2.59%)