



## Tandoori Grilled Chicken

READY IN



105 min.

SERVINGS



8

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons garam masala
- 6 wholewheat pita breads
- 2 cups yogurt plain
- 2 pounds chicken breast boneless skinless

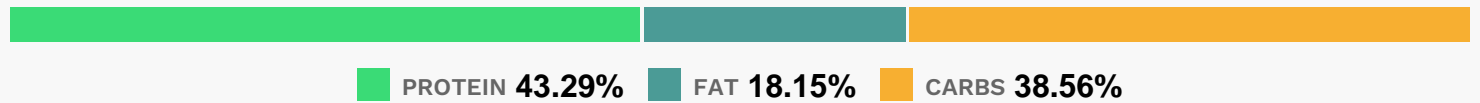
### Equipment

- bowl
- grill

## Directions

- Preheat grill for medium heat.
- In a large bowl, mix yogurt and tandoori spice. Reserve 1/2 cup for basting.
- Add chicken to remaining sauce, and marinate in the refrigerator for 1 hour.
- Brush oil over grate to prevent sticking, and place chicken on the grill. Cook chicken for 5 to 6 minutes per side, basting with reserved yogurt marinade frequently.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:14.5, Glycemic Load:22.34, Inflammation Score:-3, Nutrition Score:14.729999810457%

## Nutrients (% of daily need)

Calories: 289.34kcal (14.47%), Fat: 5.66g (8.7%), Saturated Fat: 2g (12.48%), Carbohydrates: 27.04g (9.01%), Net Carbohydrates: 25.77g (9.37%), Sugar: 2.85g (3.17%), Cholesterol: 80.54mg (26.85%), Sodium: 386.07mg (16.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.36g (60.72%), Vitamin B3: 12.77mg (63.86%), Selenium: 37.63µg (53.76%), Vitamin B6: 0.88mg (44.16%), Phosphorus: 337.06mg (33.71%), Vitamin B5: 2.02mg (20.21%), Potassium: 564.91mg (16.14%), Vitamin B2: 0.24mg (14.18%), Vitamin B1: 0.2mg (13.5%), Magnesium: 47.75mg (11.94%), Calcium: 115.9mg (11.59%), Manganese: 0.22mg (11.07%), Zinc: 1.37mg (9.15%), Vitamin B12: 0.45µg (7.56%), Iron: 1.04mg (5.77%), Copper: 0.11mg (5.33%), Fiber: 1.26g (5.05%), Folate: 18.9µg (4.73%), Vitamin C: 1.67mg (2.02%), Vitamin A: 94.66IU (1.89%), Vitamin E: 0.25mg (1.68%), Vitamin D: 0.17µg (1.16%)