



Tandoori Grilled Chicken with Mint Raita

 Gluten Free

READY IN



590 min.

SERVINGS



4

CALORIES



676 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 48 ounce chicken leg-thigh quarters bone-in
- ☐ 1 teaspoon chili powder
- ☐ 0.8 cup cucumber seeded chopped
- ☐ 2 tablespoons ginger fresh peeled chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 3 garlic cloves chopped
- ☐ 0.8 cup greek yogurt fat-free
- ☐ 0.5 teaspoon ground cumin

- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 teaspoon ground turmeric
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon paprika
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon salt

Equipment

- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ To prepare the marinade, combine first 10 ingredients in a blender; process until smooth.
- ☐ Pour into a large zip-top plastic bag.
- ☐ Add chicken; turn to coat. Marinate chicken in refrigerator for at least 4 hours or overnight.
- ☐ To prepare the raita, combine 3/4 cup yogurt and remaining ingredients except cooking spray in a small bowl; cover and refrigerate.
- ☐ Remove chicken from refrigerator, and let stand at room temperature for 45 minutes.
- ☐ Prepare the grill for indirect grilling. If using a gas grill, heat one side to medium-high and leave one side with no heat. If using a charcoal grill, arrange hot coals on either side of charcoal grate, leaving an empty space in the middle.
- ☐ Remove the chicken from marinade, and discard the remaining marinade.
- ☐ Place the chicken on unheated part of grill rack coated with cooking spray. Close lid, and grill for 90 minutes or until a thermometer inserted into meaty part of thigh registers 165, turning chicken every 20 minutes.

Nutrition Facts



 **PROTEIN 30.88%**  **FAT 65.43%**  **CARBS 3.69%**

Properties

Glycemic Index:29.25, Glycemic Load:0.41, Inflammation Score:-10, Nutrition Score:24.095217316047%

Flavonoids

Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 676.35kcal (33.82%), Fat: 48.66g (74.86%), Saturated Fat: 13.07g (81.7%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 4.8g (1.74%), Sugar: 1.95g (2.17%), Cholesterol: 285.26mg (95.09%), Sodium: 829.64mg (36.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.67g (103.35%), Selenium: 58.4µg (83.43%), Vitamin B3: 13.87mg (69.35%), Vitamin B6: 1.12mg (56.09%), Phosphorus: 529.2mg (52.92%), Vitamin B12: 2.11µg (35.22%), Vitamin B5: 3.2mg (32.04%), Vitamin B2: 0.53mg (31.32%), Vitamin A: 1392.66IU (27.85%), Zinc: 4.05mg (26.98%), Potassium: 783.55mg (22.39%), Magnesium: 71.79mg (17.95%), Vitamin B1: 0.25mg (16.5%), Iron: 2.94mg (16.35%), Copper: 0.22mg (10.86%), Manganese: 0.21mg (10.53%), Vitamin K: 9.96µg (9.49%), Vitamin E: 1.37mg (9.15%), Calcium: 88.38mg (8.84%), Fiber: 1.39g (5.55%), Folate: 19.66µg (4.91%), Vitamin C: 3.75mg (4.54%), Vitamin D: 0.29µg (1.93%)