

Tandoori Kebabs

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



145 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound pineapple fresh cored peeled
- ☐ 2 cups yogurt plain
- ☐ 10 oz bell pepper red
- ☐ 6 oz onion red
- ☐ 1 pound chicken breast (see notes)

Equipment

- ☐ bowl
- ☐ paper towels

- ☐ grill
- ☐ colander
- ☐ cheesecloth
- ☐ wooden skewers

Directions

- ☐ Line a colander with a double layer of cheesecloth or four layers of paper towels; set colander in a sink or over a large bowl. Empty yogurt into lined colander and let drain about 30 minutes.
- ☐ Meanwhile, rinse, stem, and seed bell pepper; cut into 1-inch squares. Peel onion and cut into 1-inch chunks, separating layers.
- ☐ Cut pineapple into 1-inch chunks. If using chicken, rinse and pat dry.
- ☐ Cut chicken, cheese, or tofu into 1-inch chunks.
- ☐ In a large bowl, mix drained yogurt with tandoori masala. If using chicken, scoop out 1/2 cup yogurt mixture and combine with chicken in a small bowl. Gently mix bell pepper, onion, pineapple, and cheese or tofu, if using, into yogurt mixture in large bowl. Cover and chill at least 30 minutes or up to 2 hours. Thread vegetables, pineapple, and chicken, cheese, or tofu onto metal or soaked wooden skewers, alternating items.
- ☐ Lay kebabs on an oiled grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Cook, turning once, until vegetables are browned on both sides and chicken is no longer pink in the center (cut to test), 8 to 10 minutes.
- ☐ Transfer to a platter.
- ☐ Serve hot or warm, with raita to add at the table.
- ☐ Tandoori masala: In a small bowl, combine 1 teaspoon each ground cumin and ground coriander, 1/4 teaspoon each ground cloves and cayenne, and 1/8 teaspoon each ground nutmeg, ground pepper, and ground cinnamon; mix well.
- ☐ Raita: In a bowl, mix 3/4 cup plain nonfat yogurt with 1/2 teaspoon each ground cumin, sugar, and salt. Gently stir in 1/4 cup each finely chopped cucumber, tomato, and onion. Makes about 1 1/4 cups.

Nutrition Facts



 PROTEIN **44.81%**  FAT **10.88%**  CARBS **44.31%**

Properties

Glycemic Index:14.71, Glycemic Load:4.78, Inflammation Score:-8, Nutrition Score:16.964782782223%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 145kcal (7.25%), Fat: 1.77g (2.73%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 16.25g (5.42%), Net Carbohydrates: 14.35g (5.22%), Sugar: 12.68g (14.09%), Cholesterol: 37.51mg (12.5%), Sodium: 115.77mg (5.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.44g (32.88%), Vitamin C: 75.27mg (91.23%), Vitamin B3: 6.64mg (33.22%), Vitamin B6: 0.65mg (32.46%), Manganese: 0.6mg (30.21%), Selenium: 20.55µg (29.35%), Phosphorus: 235.15mg (23.51%), Vitamin A: 1164.14IU (23.28%), Potassium: 533.59mg (15.25%), Vitamin B2: 0.25mg (14.94%), Vitamin B5: 1.46mg (14.6%), Calcium: 139.46mg (13.95%), Folate: 40.16µg (10.04%), Magnesium: 39.56mg (9.89%), Vitamin B1: 0.14mg (9.29%), Vitamin B12: 0.49µg (8.12%), Fiber: 1.9g (7.6%), Zinc: 1.12mg (7.44%), Copper: 0.1mg (5.06%), Vitamin E: 0.68mg (4.55%), Iron: 0.63mg (3.48%), Vitamin K: 2.45µg (2.34%)