



Tandoori Naan Chicken Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



772 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon cayenne
- ☐ 1 pound chicken tenderloins dry
- ☐ 4 ounces feta cheese sliced
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 2 tablespoons mint leaves fresh finely chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon ginger minced
- ☐ 1 tablespoon ground coriander

- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon kosher salt
- ☐ 4 medium garlic-flavored naan breads plain
- ☐ 0.5 cup thinly slivered onion red
- ☐ 0.5 cup nonfat yogurt plain
- ☐ 2 medium tomatoes sliced
- ☐ 0.3 teaspoon turmeric
- ☐ 3 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ broiler

Directions

- ☐ Whisk together yogurt, seasonings, and oil in a medium bowl.
- ☐ Add chicken and stir to coat.
- ☐ Let marinate 20 minutes.
- ☐ Preheat broiler.
- ☐ Spread chicken on a rimmed baking sheet and broil until cooked through, 8 minutes. Meanwhile, continue with recipe.
- ☐ Dab naan with a little butter on each side, spread on a rimmed baking sheet, and place in oven on rack below chicken; cook until toasted and crisped, about 8 minutes.
- ☐ Cut naan in half crosswise and make sandwiches with naan, chicken, tomatoes, onion, feta, mint, and cilantro.
- ☐ Cut each in half if large.

Nutrition Facts



 PROTEIN **21.58%**  FAT **41.92%**  CARBS **36.5%**

Properties

Glycemic Index:65.25, Glycemic Load:1.62, Inflammation Score:-9, Nutrition Score:22.540434557459%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

Nutrients (% of daily need)

Calories: 772.22kcal (38.61%), Fat: 35.56g (54.71%), Saturated Fat: 11.67g (72.94%), Carbohydrates: 69.67g (23.22%), Net Carbohydrates: 65.55g (23.84%), Sugar: 8.9g (9.89%), Cholesterol: 123.39mg (41.13%), Sodium: 1960mg (85.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.19g (82.38%), Vitamin B3: 12.73mg (63.67%), Selenium: 42.54µg (60.78%), Vitamin B6: 1.11mg (55.26%), Phosphorus: 423.24mg (42.32%), Calcium: 331.44mg (33.14%), Vitamin B2: 0.46mg (27.33%), Vitamin K: 25.94µg (24.7%), Potassium: 773.4mg (22.1%), Vitamin B5: 2.2mg (21.98%), Vitamin A: 1086.37IU (21.73%), Vitamin C: 13.7mg (16.61%), Fiber: 4.12g (16.48%), Magnesium: 63.15mg (15.79%), Vitamin B12: 0.9µg (15.08%), Zinc: 2.12mg (14.12%), Manganese: 0.28mg (14.01%), Iron: 2.29mg (12.74%), Vitamin B1: 0.18mg (12.22%), Vitamin E: 1.74mg (11.59%), Folate: 34.21µg (8.55%), Copper: 0.13mg (6.72%), Vitamin D: 0.23µg (1.51%)