



Tandoori-Spiced Chicken

 Gluten Free

READY IN



141 min.

SERVINGS



4

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.3 teaspoon ground turmeric
- ☐ 2 tablespoons onion grated
- ☐ 1.5 cups greek yogurt plain 2% reduced-fat

- ☐ 0.5 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

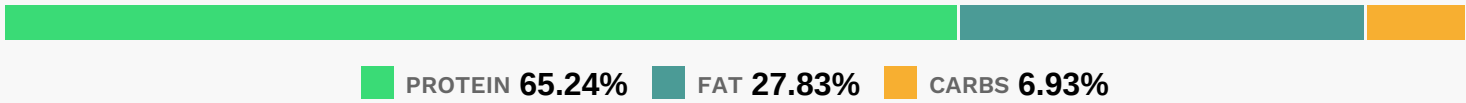
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Combine first 8 ingredients in a heavy-duty zip-top plastic bag.
- ☐ Add chicken to bag; seal. Marinate in refrigerator 2 hours, turning occasionally.
- ☐ Place a small roasting pan in oven. Preheat broiler to high.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Sprinkle both sides of chicken evenly with salt.
- ☐ Place chicken on preheated pan coated with cooking spray. Broil in lower third of oven for 15 minutes or until done, turning after 7 minutes.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.39, Inflammation Score:-8, Nutrition Score:20.133478190588%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 280.47kcal (14.02%), Fat: 8.38g (12.89%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 4.7g (1.57%), Net Carbohydrates: 4.38g (1.59%), Sugar: 2.76g (3.06%), Cholesterol: 112.61mg (37.54%), Sodium: 516.77mg (22.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.2g (88.39%), Vitamin B3: 17.99mg (89.93%), Selenium: 62.27µg (88.95%), Vitamin B6: 1.37mg (68.46%), Phosphorus: 468.25mg (46.83%), Vitamin B5: 2.7mg (26.95%), Vitamin B2: 0.39mg (22.91%), Potassium: 775.89mg (22.17%), Vitamin B12: 0.87µg (14.42%), Magnesium: 56.75mg (14.19%), Calcium: 102.69mg (10.27%), Zinc: 1.46mg (9.74%), Vitamin B1: 0.14mg (9.12%), Vitamin E: 1.05mg (6.97%), Iron: 1.15mg (6.37%), Manganese: 0.11mg (5.63%), Vitamin C: 3.46mg (4.2%), Copper: 0.08mg (3.88%), Folate: 13.63µg (3.41%), Vitamin A: 164.71IU (3.29%), Vitamin K: 3.14µg (2.99%), Fiber: 0.31g (1.26%), Vitamin D: 0.17µg (1.13%)