



Tandoori Spiced Chicken Breast with Grilled Tomato Jam and Herbed Yogurt Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons balsamic vinegar
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup mint leaves fresh chopped
- 2 tablespoons garlic powder
- 1 cup greek yogurt
- 1 tablespoon ground cayenne
- 2 tablespoons ground coriander
- 1 tablespoon ground cumin

- 2 tablespoons ground ginger
- 1 tablespoon ground pepper white
- 1 tablespoon ground turmeric
- 1 tablespoon kosher salt
- 1 small onion spanish chopped
- 2 tablespoons onion powder
- 4 pita breads warmed
- 5 plum tomatoes
- 1 pinch saffron threads
- 4 servings salt and pepper freshly ground
- 1 serrano chile
- 24 ounce chicken breasts boneless skinless
- 2 tablespoons vegetable oil plus more for grilling
- 3 tablespoons vegetable oil

Equipment

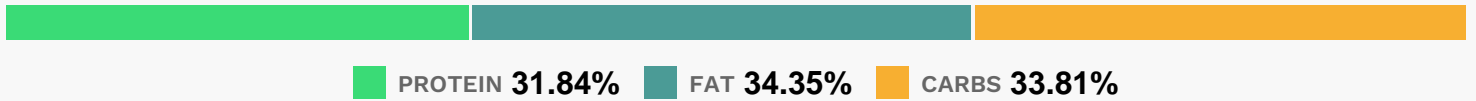
- food processor
- bowl
- sauce pan
- grill

Directions

- Watch how to make this recipe.
- Heat grill to medium-high.
- Combine all spices and the oil in a medium bowl to make a paste. Rub a thin layer of the spice paste onto 1 side of each chicken breast. Grill for 3 to 4 minutes on each side or until slightly charred and just cooked through.
- Remove from the grill, let rest 5 minutes, and cut lengthwise into 1/2-inch thick slices.

- Serve openface on pitas: the chicken slices, a few dollops of Tomato Jam, and a drizzle of Herbed Yogurt.
- Heat grill to high.
- Brush tomatoes and serrano with oil and season with salt and pepper. Grill tomatoes and serrano on all sides until charred.
- Remove from the grill and coarsely chop.
- Heat oil in a medium saucepan on the grates of the grill or on the side burners.
- Add the onion and cook until soft.
- Add the tomatoes, serrano, balsamic vinegar, and saffron and cook until thickened. Season with salt and pepper.
- Transfer to a bowl and let cool to room temperature before serving.
- Place all ingredients in a food processor and process until smooth. Season with salt and pepper, to taste. Refrigerate if not using immediately.

Nutrition Facts



Properties

Glycemic Index:90.25, Glycemic Load:31.55, Inflammation Score:-10, Nutrition Score:34.886521665946%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 624.89kcal (31.24%), Fat: 23.85g (36.69%), Saturated Fat: 3.98g (24.86%), Carbohydrates: 52.82g (17.61%), Net Carbohydrates: 46.44g (16.89%), Sugar: 6.91g (7.68%), Cholesterol: 111.36mg (37.12%), Sodium: 2472.36mg (107.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.74g (99.48%), Vitamin B3: 20.22mg (101.09%), Selenium: 63.32µg (90.45%), Manganese: 1.73mg (86.33%), Vitamin B6: 1.6mg (79.91%), Phosphorus: 569.82mg (56.98%), Vitamin K: 42.57µg (40.54%), Potassium: 1260.46mg (36.01%), Vitamin B5: 2.99mg (29.88%),

Iron: 5.31mg (29.5%), Vitamin A: 1439.96IU (28.8%), Magnesium: 111.9mg (27.98%), Vitamin B2: 0.44mg (25.73%),
Fiber: 6.39g (25.54%), Vitamin B1: 0.37mg (24.47%), Vitamin C: 19.1mg (23.15%), Calcium: 196.89mg (19.69%),
Vitamin E: 2.69mg (17.93%), Zinc: 2.61mg (17.38%), Copper: 0.34mg (17.08%), Folate: 49.65µg (12.41%), Vitamin B12:
0.69µg (11.5%), Vitamin D: 0.17µg (1.13%)