



Tandoori-Spiced Chicken Breasts

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 pinch cayenne
- ☐ 1.5 teaspoons coarse salt
- ☐ 2 teaspoons gingerroot fresh grated peeled
- ☐ 1 large garlic clove
- ☐ 0.1 teaspoon ground cloves
- ☐ 1.5 teaspoons ground coriander seeds
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 1 small onion red
- ☐ 1 small chile such as serrano fresh green red
- ☐ 4 chicken breast halves boneless skinless
- ☐ 0.8 teaspoon turmeric
- ☐ 2 teaspoons vegetable oil

Equipment

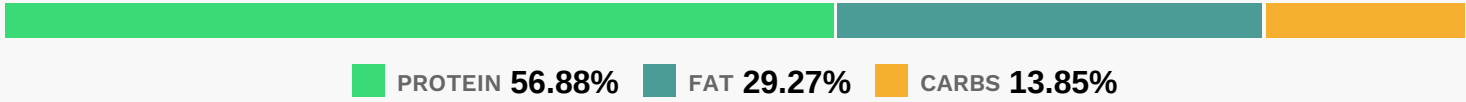
- ☐ bowl
- ☐ paper towels
- ☐ aluminum foil
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Mince garlic with salt and mash to a paste. Wearing protective gloves, mince chile (including seeds for a spicier paste) and in a bowl stir together with garlic paste and remaining spice paste ingredients.
- ☐ Make 3 diagonal cuts about 1/4 inch deep in each chicken breast and rub spice paste into cuts and all over chicken. Marinate chicken, covered, 30 minutes at cool room temperature.
- ☐ Preheat broiler and line broiler pan with foil. Halve onion through root end and reserve 1 half for sauce. Thinly slice remaining onion half, separating layers, and in a small bowl soak onion slices in ice water to cover while broiling chicken.
- ☐ Arrange chicken without crowding on rack of broiler pan.
- ☐ Brush chicken with 1 teaspoon vegetable oil and broil about 3 inches from heat 8 minutes. Turn chicken over and brush with remaining teaspoon vegetable oil. Broil chicken until lightly browned and just cooked through, about 6 minutes more.
- ☐ Mince enough reserved onion to measure 1 tablespoon and in a small bowl stir together with all sauce ingredients.

- ☐ Drain soaked onion and pat dry between paper towels. Top chicken with onion slices and serve with yogurt sauce.
- ☐ Each serving, including yogurt sauce, about 222 calories and 5 grams fat.
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:0.73, Inflammation Score:-10, Nutrition Score:13.882174123888%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

Nutrients (% of daily need)

Calories: 187.71kcal (9.39%), Fat: 5.99g (9.22%), Saturated Fat: 1.37g (8.55%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 5.28g (1.92%), Sugar: 3.49g (3.88%), Cholesterol: 74.16mg (24.72%), Sodium: 1027.17mg (44.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.2g (52.41%), Vitamin B3: 11.94mg (59.72%), Selenium: 37.68µg (53.83%), Vitamin B6: 0.92mg (46.15%), Phosphorus: 297.68mg (29.77%), Vitamin B5: 1.84mg (18.4%), Potassium: 571.45mg (16.33%), Vitamin B2: 0.19mg (11.37%), Magnesium: 43.35mg (10.84%), Manganese: 0.2mg (9.96%), Calcium: 80.42mg (8.04%), Zinc: 1.06mg (7.1%), Vitamin B1: 0.11mg (7.07%), Vitamin B12: 0.4µg (6.62%), Vitamin C: 5.37mg (6.51%), Iron: 1.02mg (5.68%), Vitamin K: 5.31µg (5.05%), Fiber: 1.1g (4.4%), Folate: 14.19µg (3.55%), Copper: 0.07mg (3.46%), Vitamin E: 0.46mg (3.1%), Vitamin A: 79.44IU (1.59%)