



Tandoori-Spiced Chicken with Tomato-Ginger Chutney

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons ginger fresh minced peeled
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 1 tablespoon garlic powder
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 2 tablespoons ground coriander

- ☐ 1.5 tablespoons ground cumin
- ☐ 1.5 tablespoons ground ginger
- ☐ 1 tablespoon pepper black
- ☐ 3 tablespoons juice of lime fresh
- ☐ 2 tablespoons bell pepper
- ☐ 2 cups yogurt plain
- ☐ 0.8 cup onion red chopped
- ☐ 42 ounce chicken breast halves boneless skinless
- ☐ 1.3 pounds tomatoes seeded chopped

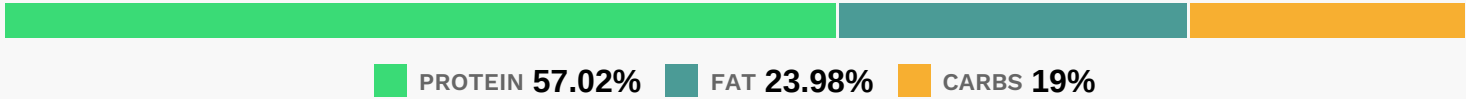
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ cutting board

Directions

- ☐ Whisk yogurt and next 9 ingredients in large bowl to blend.
- ☐ Add chicken and turn to coat. Cover and refrigerate overnight.
- ☐ Combine all ingredients in medium bowl. Season to taste with salt and pepper. (Chutney can be made 1 day ahead. Cover and refrigerate.)
- ☐ Prepare barbecue (medium-high heat).
- ☐ Brush grill with oil.
- ☐ Transfer marinade-coated chicken to barbecue grill. Grill chicken until cooked through, about 7 minutes per side.
- ☐ Transfer chicken to cutting board.
- ☐ Cut crosswise on diagonal into 1/2-inch-thick slices.
- ☐ Transfer to platter.
- ☐ Serve with chutney.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:2.42, Inflammation Score:-8, Nutrition Score:29.652174042619%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 332.02kcal (16.6%), Fat: 8.83g (13.58%), Saturated Fat: 2.98g (18.65%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 12.23g (4.45%), Sugar: 7.58g (8.42%), Cholesterol: 137.62mg (45.87%), Sodium: 279.9mg (12.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.22g (94.44%), Vitamin B3: 21.73mg (108.63%), Selenium: 67.03µg (95.75%), Vitamin B6: 1.67mg (83.73%), Phosphorus: 552.58mg (55.26%), Manganese: 0.99mg (49.39%), Potassium: 1262.24mg (36.06%), Vitamin B5: 3.32mg (33.24%), Vitamin C: 25.33mg (30.71%), Vitamin A: 1213.59IU (24.27%), Magnesium: 96.37mg (24.09%), Vitamin B2: 0.37mg (21.69%), Calcium: 169.25mg (16.93%), Iron: 3.04mg (16.88%), Vitamin B1: 0.22mg (14.91%), Zinc: 2.16mg (14.4%), Fiber: 3.51g (14.03%), Vitamin B12: 0.7µg (11.65%), Copper: 0.2mg (10.22%), Folate: 39.61µg (9.9%), Vitamin K: 10.21µg (9.72%), Vitamin E: 1.1mg (7.3%), Vitamin D: 0.28µg (1.87%)