



Tandoori-Style Chicken



Gluten Free

READY IN



775 min.

SERVINGS



8

CALORIES



153 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken breast halves boneless skinless
- ☐ 0.5 teaspoon water
- ☐ 0.3 teaspoon ground mustard
- ☐ 1 cup yogurt plain
- ☐ 0.3 cup juice of lemon
- ☐ 1.5 teaspoons salt
- ☐ 1.5 teaspoons paprika
- ☐ 0.5 teaspoon ground cardamom

- ☐ 0.5 teaspoon food coloring red yellow
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 teaspoon pepper
- ☐ 1 garlic clove crushed

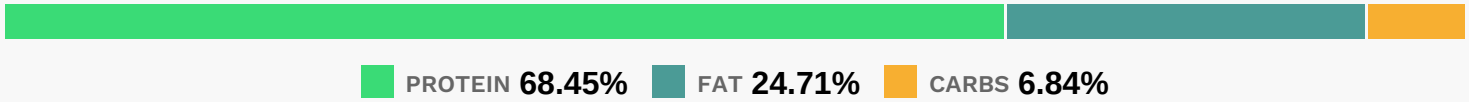
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Place chicken in glass or plastic bowl.
- ☐ Mix water and mustard; stir in remaining ingredients.
- ☐ Pour over chicken; turn to coat well with marinade.
- ☐ Cover and refrigerate at least 12 hours but no longer than 24 hours.
- ☐ Heat oven to 375°F.
- ☐ Remove chicken from marinade; place chicken in ungreased rectangular baking dish, 13x9x2 inches.
- ☐ Bake uncovered about 45 minutes or until juice of chicken is no longer pink when centers of thickest pieces are cut.
- ☐ Garnish with lemon slices if desired.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:12.391304376333%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 152.73kcal (7.64%), Fat: 4.06g (6.25%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 2.53g (0.84%), Net Carbohydrates: 2.27g (0.83%), Sugar: 1.67g (1.86%), Cholesterol: 76.56mg (25.52%), Sodium: 583.26mg (25.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.3g (50.6%), Vitamin B3: 11.92mg (59.59%), Selenium: 37.23µg (53.19%), Vitamin B6: 0.88mg (43.9%), Phosphorus: 271.03mg (27.1%), Vitamin B5: 1.76mg (17.59%), Potassium: 490.89mg (14.03%), Vitamin B2: 0.16mg (9.67%), Magnesium: 35.47mg (8.87%), Zinc: 0.89mg (5.91%), Vitamin B1: 0.09mg (5.78%), Vitamin B12: 0.34µg (5.67%), Vitamin C: 4.62mg (5.6%), Vitamin A: 269.24IU (5.38%), Manganese: 0.1mg (5.05%), Calcium: 46.78mg (4.68%), Iron: 0.62mg (3.47%), Vitamin E: 0.38mg (2.56%), Folate: 8.54µg (2.14%), Copper: 0.04mg (2.1%), Fiber: 0.26g (1.03%)