



Tandoori-Style Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons cayenne pepper
- ☐ 8 large chicken breast halves skinless with bones,
- ☐ 2.5 tablespoons garam masala
- ☐ 2.5 teaspoons ground cardamom
- ☐ 2.5 tablespoons ground cumin
- ☐ 2 large onions grated
- ☐ 2.5 tablespoons paprika
- ☐ 2 tablespoons salt

- ☐ 4 cups whole-milk yogurt plain
- ☐ 8 large chicken thighs skinless with bones,
- ☐ 2.5 tablespoons turmeric

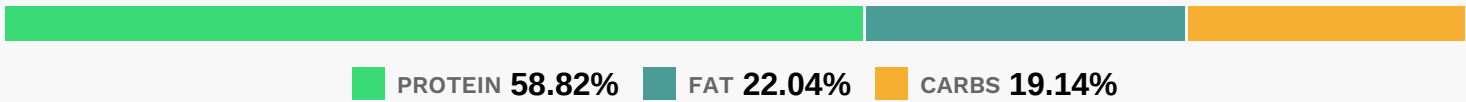
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Mix first 7 ingredients in small bowl to blend. Using sharp knife, cut three 3/4-inch-deep diagonal slashes in each chicken piece. Divide chicken between 2 large bowls and rub with spice mixture.
- ☐ Let stand 10 minutes. Divide yogurt and onions between same bowls. Toss chicken to coat. Cover and refrigerate overnight.
- ☐ Preheat oven to 500°F. Line 2 rimmed baking sheets with foil; place cooling racks on prepared baking sheets. Using slotted spoon, transfer chicken thighs to 1 sheet and chicken breasts to second sheet, spacing pieces slightly apart (make sure that chicken pieces do not touch and are covered in yogurt mixture).
- ☐ Bake until chicken is cooked through, about 30 minutes for breasts and about 40 minutes for thighs. (Chicken can be made 1 day ahead. Refrigerate until cold, then cover and keep refrigerated.)
- ☐ Place chicken on large platter.
- ☐ Serve cold or at room temperature.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:0.98, Inflammation Score:-10, Nutrition Score:30.648695489635%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 377.37kcal (18.87%), Fat: 9.06g (13.94%), Saturated Fat: 2.13g (13.29%), Carbohydrates: 17.71g (5.9%), Net Carbohydrates: 15.06g (5.48%), Sugar: 11.39g (12.65%), Cholesterol: 182.12mg (60.71%), Sodium: 2078.35mg (90.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.41g (108.82%), Selenium: 66.68µg (95.25%), Vitamin B3: 18.76mg (93.81%), Vitamin B6: 1.57mg (78.36%), Phosphorus: 676.47mg (67.65%), Vitamin B5: 3.85mg (38.53%), Vitamin B2: 0.65mg (38.45%), Potassium: 1218.13mg (34.8%), Calcium: 298.9mg (29.89%), Vitamin B12: 1.7µg (28.27%), Vitamin A: 1379.64IU (27.59%), Manganese: 0.55mg (27.38%), Zinc: 3.97mg (26.46%), Magnesium: 99.61mg (24.9%), Iron: 4.26mg (23.69%), Vitamin B1: 0.28mg (18.35%), Fiber: 2.65g (10.61%), Vitamin E: 1.34mg (8.94%), Copper: 0.18mg (8.87%), Folate: 33.51µg (8.38%), Vitamin C: 6.48mg (7.85%), Vitamin K: 6.45µg (6.14%)