



Tandoori-Style Grilled Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter melted
- 0.5 teaspoon ground pepper
- 8 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs skinless
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons ginger fresh minced peeled
- 4 garlic clove minced
- 1 teaspoon ground coriander
- 0.5 teaspoon ground cumin

- 0.5 teaspoon pepper black
- 1 teaspoon turmeric
- 2 tablespoons juice of lemon fresh
- 1 small onion red separated thinly sliced
- 0.5 teaspoon saffron threads crumbled
- 1 teaspoon salt
- 2 cups yogurt plain

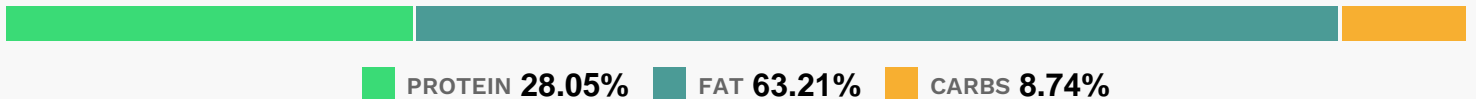
Equipment

- bowl
- grill

Directions

- Blend 1 cup yogurt and next 10 ingredients in processor until smooth.
- Transfer to large bowl.
- Mix in remaining 1 cup yogurt.
- Add chicken and turn to coat. Cover and refrigerate overnight.
- Prepare barbecue (medium-high heat).
- Place marinade-coated chicken on barbecue. Grill chicken until just cooked through, occasionally basting with butter last 2 minutes, about 12 minutes per side.
- Transfer chicken to platter. Top with onion and cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:0.5, Inflammation Score:-9, Nutrition Score:12.593912979831%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 360.52kcal (18.03%), Fat: 25.08g (38.59%), Saturated Fat: 8.42g (52.65%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 7.24g (2.63%), Sugar: 5.46g (6.06%), Cholesterol: 132.32mg (44.11%), Sodium: 481.58mg (20.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.05g (50.09%), Selenium: 25.85µg (36.93%), Vitamin B3: 6.26mg (31.3%), Phosphorus: 307.41mg (30.74%), Vitamin B6: 0.49mg (24.56%), Vitamin B2: 0.34mg (19.83%), Vitamin B12: 1.1µg (18.4%), Zinc: 2.58mg (17.18%), Vitamin B5: 1.72mg (17.18%), Calcium: 145.78mg (14.58%), Potassium: 474.83mg (13.57%), Magnesium: 41.27mg (10.32%), Vitamin B1: 0.14mg (9.13%), Iron: 1.27mg (7.08%), Vitamin A: 342.69IU (6.85%), Manganese: 0.12mg (6.13%), Vitamin K: 5.43µg (5.17%), Vitamin C: 4.2mg (5.09%), Copper: 0.1mg (5.08%), Folate: 16.84µg (4.21%), Vitamin E: 0.48mg (3.22%), Fiber: 0.56g (2.25%)