



Tandoori-Style Grilled Meat or Shrimp

 Gluten Free

READY IN



300 min.

SERVINGS



6

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch cilantro leaves
- ☐ 1 piece ginger fresh peeled cut into chunks
- ☐ 3 tablespoons garam masala
- ☐ 6 garlic cloves peeled
- ☐ 3 juice of lime
- ☐ 2 pounds lamb chops deveined peeled cut into 1-inch pieces), or shrimp (and)
- ☐ 0.5 medium onion peeled cut into chunks
- ☐ 1 cup yogurt plain

☐ 6 servings salt and pepper to taste

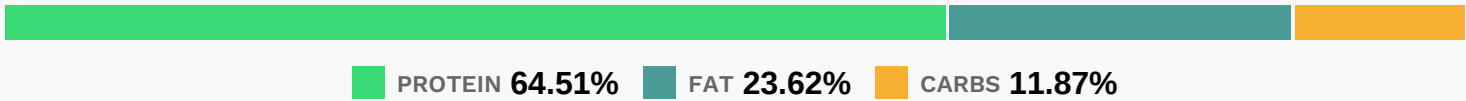
Equipment

- ☐ bowl
- ☐ blender
- ☐ grill

Directions

- ☐ In a blender, puree the first 8 ingredients until they form a paste.
- ☐ In a large bowl, toss your protein with the marinade. Chill for at least 4 hours or overnight.
- ☐ When ready to cook, heat the grill and shake any excess marinade from the protein. Grill 9 minutes for chops, 6 to 8 minutes a side on a covered grill for chicken, or 4 minutes a side for shrimp.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.86, Inflammation Score:-4, Nutrition Score:16.81652146837%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg

Nutrients (% of daily need)

Calories: 220kcal (11%), Fat: 5.59g (8.61%), Saturated Fat: 1.72g (10.77%), Carbohydrates: 6.32g (2.11%), Net Carbohydrates: 5.53g (2.01%), Sugar: 2.61g (2.9%), Cholesterol: 102.07mg (34.02%), Sodium: 391.55mg (17.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.37g (68.74%), Vitamin B3: 15.88mg (79.39%), Selenium: 49.79µg (71.13%), Vitamin B6: 1.2mg (60.16%), Phosphorus: 366.69mg (36.67%), Vitamin B5: 2.37mg (23.71%), Potassium: 677.51mg (19.36%), Vitamin B2: 0.22mg (12.93%), Magnesium: 47.93mg (11.98%), Vitamin C: 8.55mg

(10.37%), Vitamin B1: 0.12mg (8.25%), Zinc: 1.19mg (7.94%), Vitamin B12: 0.45µg (7.56%), Calcium: 67.81mg (6.78%), Manganese: 0.1mg (4.89%), Vitamin K: 4.7µg (4.47%), Iron: 0.7mg (3.87%), Vitamin A: 183.71IU (3.67%), Copper: 0.07mg (3.34%), Folate: 13.19µg (3.3%), Fiber: 0.79g (3.16%), Vitamin E: 0.39mg (2.57%), Vitamin D: 0.19µg (1.28%)