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## Tandoori Spice Chicken ♦♦

Tandoori Spice Chicken is a flavorful and aromatic dish that originated in the Indian subcontinent. It is made by marinating chicken in a mixture of yogurt and tandoori spices, which gives it a vibrant red color and a smoky flavor. The marinated chicken is then grilled or baked until it is cooked through and tender. Tandoori Spice Chicken is often served with naan bread or rice and is a popular dish at Indian restaurants.

**Recipe Type:** Standard

**Prep Time:** 30 mins

**Cook Time:** 20 mins

**Total Time:** 50 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

1000 g	Chicken
200 g	yogurt
50 g	tandoori spice mix
30 ml	Lemon juice

<b>2 tsp</b>	garlic paste
<b>2 tsp</b>	ginger paste
<b>1 tsp</b>	Salt
<b>2 tbsp</b>	Vegetable Oil

## Directions

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### Step 1

#### Mixing

In a large bowl, mix together yogurt, tandoori spice mix, lemon juice, garlic paste, ginger paste, salt, and vegetable oil.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

#### Marinating

Add chicken to the bowl and coat it evenly with the marinade. Cover the bowl and refrigerate for at least 2 hours, or overnight for best results.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Grilling

Preheat the grill to medium-high heat. Remove the chicken from the marinade and shake off any excess. Grill the chicken for 8-10 minutes per side, or until it is cooked through and has grill marks.

**Prep Time:** 5 mins

**Cook Time:** 20 mins

## Step 4

Resting

Remove the chicken from the grill and let it rest for a few minutes. Serve hot with naan bread or rice.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 230 kcal

**Fat:** 9 g

**Protein:** 30 g

**Carbohydrates:** 4 g

## Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	4 g	7.27%	8%
Fibers	1 g	2.63%	4%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	9 g	32.14%	36%
Cholesterol	90 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	2 iu	0.22%	0.29%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	15 mg	136.36%	187.5%
Selenium	25 mcg	45.45%	45.45%

## Recipe Attributes

### Cuisines

Indian

Middle Eastern

### Nutritional Content

High Fiber

## Kitchen Tools

Blender

Slow Cooker

## Course

Side Dishes

Salads

Sauces & Dressings

## Cultural

Chinese New Year

Diwali

Oktoberfest

## Demographics

Diabetic Friendly

## Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

The Whole30 Diet

Atkins Diet

Vegan Diet

Pescatarian Diet

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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