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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 |

| 2 tsp | garlic paste |
|--------|---------------|
| 2 tsp | ginger paste |
| 1 tsp | Salt |
| 2 tbsp | Vegetable Oil |

Directions

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

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

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) |
|----------|-------|------------------------------|--------------------------------|
|----------|-------|------------------------------|--------------------------------|

| 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

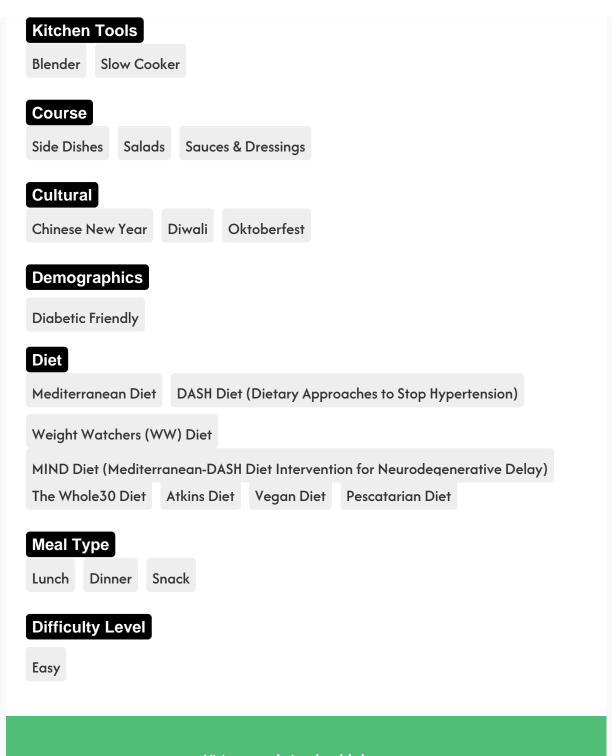
Cuisines

Indian

Middle Eastern

Nutritional Content

High Fiber



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