

Vegan Tandoori Chicken Leg Recipe and Nutrition

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|---------------------|-----|-------|---------------|------------|
| Yield | 450 | grams | Prep | 15 minutes |
| Portion | 150 | grams | Cook | 30 minutes |
| Num Portions | 3 | | Finish | 15 minutes |
| | | | Shelf | 3 days |

Ingredients

| | | |
|-----|-------------|------------------------------------|
| 180 | grams | Vegan Chicken Leg 600g*20pks T137 |
| 125 | milliliters | nonfat yogurt |
| 3 | grams | peeled and minced fresh ginger |
| 2 | grams | whole cumin seed grind to powder |
| 2 | grams | ground coriander |
| 2 | grams | salt |
| 3 | grams | garam masala |
| 1 | g | crushed red pepper |
| 2 | grams | tumeric |
| 2 | grams | Annatto Powder Mama Sita |
| 171 | grams | baby mixed lettuce |
| 60 | grams | fresh tomatoes cut into wedges 1/6 |
| 1 | ea | orange peeled and segmented |

Method:

- 1) Mix all ingredients together in a bowl except chicken, lettuce, tomato and orange.
- 2) Colour should extract from annatto powder and be redish pink.
- 3) Immerse vegan simulated chicken legs and marinate 30 minutes
- 4) Remove from marinade and place in hot over 450f on a greased or non-stick sheet.
- 5) Bake until slightly charred marinade appears.
- 6) Arrange 3 pieces on a plate, and place salad, orange segments and tomato garnish.
- 7) Select any dressing
- 8) Can be appetizer, snack or add vegetables and rice or potato for a dinner entree.

Nutrition Facts

Serving Size 150g

Servings Per Container 3

Amount Per Serving

Calories 220 Calories From Fat 80

% Daily Value

Total Fat 9g 13%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0 mg 0%

Sodium 750mg 31%

Total Carbohydrate 20g 7%

Dietary Fiber 4g 15%

Sugars 11g

Protein 5g

Vitamin A 45% Vitamin C 60%

Calcium 20% Iron 20%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrient Descriptors

Cholesterol Free
 Good Source of Calcium
 Good Source of Fiber
 Good Source of Potassium
 Good Source of Protein
 High in Iron
 High in Vitamin A
 High in Vitamin C
 Low Saturated Fat