Ayam Tandoori terkategorikan sebagai ayam yang bergizi. Hal ini merupakan hal wajar karena Ayam Tandoori merupakan salah satu ikon makanan India. Berikut tabel lengkap kandungan gizi Ayam Tandori :

**Indian Restaurant - Tandoori Chicken**

|  |  |  |  |
| --- | --- | --- | --- |
| Calories | 780 | Sodium | 210 mg |
| Total Fat | 38 g | Potassium | 640 mg |
| Saturated | 0 g | Total Carbs | 16 g |
| Polyunsaturated | 0 g | Dietary Fiber | 0 g |
| Monounsaturated | 0 g | Sugars | 0 g |
| Trans | 0 g | Protein | 90 g |
| Cholesterol | 210 mg |  |  |
| Vitamin A | 2% | Calcium | 4% |
| Vitamin C | 0% | Iron | 18% |