

Arcot Mutton Chops - Mutton Chops Masala Roast

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/mutton-chops-indian-marinade-recipe>

Ingredients:

- 5 cloves garlic
- 1 inch ginger piece
- 2 tablespoons water
- 1 1/8 pounds mutton chops
- 2 plain yogurt tablespoon, / curd
- 1 tablespoon chilli powder
- 1 teaspoon coriander powder
- 1/2 teaspoon Garam Masala
- 1/2 teaspoon salt
- 7/8 cup water
- 1 tablespoon ghee

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 115 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 32 grams
7. SaturatedFat: 4 grams
8. Sodium: 440 milligrams
9. Sugar: 6 grams

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