

Indian- Style Baked Chicken Thighs

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/baked-chicken-thighs-indian-recipe>

Ingredients:

- 3 boneless skinless chicken thighs
- 1/2 cup coconut milk
- 4 garlic cloves mashed
- 2 teaspoons ginger grated
- 1 teaspoon turmeric
- 1/2 teaspoon cayenne pepper
- 2 teaspoons Garam Masala home-made, or store-bought
- 1/4 cup finely chopped onion
- 2 teaspoons cilantro

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 50 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 18 grams
7. SaturatedFat: 7 grams
8. Sodium: 100 milligrams
9. Sugar: 1 grams

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