

Baked Indian Chicken

Yield: 4 min
Total Time: 70 min

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

Ingredients:

- 4 chicken quarters or 8 chicken pieces., I prefer on the bone so the juice add moister
- 1 cup yogurt
- 1 tablespoon garlic paste / grated
- 1 tablespoon ginger paste /grated
- 1/4 cup onion grated
- 3 tablespoons curry powder
- 2 tablespoons lemon juice
- 2 tablespoons canola oil
- 2 tablespoons tomato paste I prefer 1 tbsp only
- salt
- pepper

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 110 milligrams
4. Fat: 24 grams
5. Fiber: 3 grams
6. Protein: 26 grams
7. SaturatedFat: 5 grams
8. Sodium: 420 milligrams
9. Sugar: 5 grams

Thank you for visiting our website. Hope you enjoy Baked Indian Chicken above. You can see more 15 baked indian recipe Elevate your taste buds! to get more great cooking ideas.