

# Indian Spice Rubbed Chicken

Yield: 8 min  
Total Time: 55 min

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

## Ingredients:

- 3 1/2 pounds bone-in chicken
- 2 tablespoons Garam Masala
- 1 lemon zested and juice of half
- 2 tablespoons chopped cilantro
- 2 cloves garlic minced
- 1 tablespoon ginger freshly grated
- 1/2 teaspoon cayenne pepper
- 1 teaspoon cumin
- 2 teaspoons salt
- 1/2 teaspoon black pepper
- 1/4 cup oil

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 130 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 40 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 740 milligrams

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