

Safed Maas – Chicken cooked in a creamy white gravy!

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-in-white-gravy-indian-recipe>

Ingredients:

- 1 kilogram chicken
- 1 cup yogurt
- white pepper Powder – 1 tsp
- 6 green chili
- 1 stick ginger
- 1/2 cup almonds
- 1/2 cup cashew
- 2/3 cup coconut
- 1/2 teaspoon cardamom powder
- 1/2 cup cream
- 1 tablespoon lemon juice
- 1/2 teaspoon rose essence
- salt – to taste
- 1/2 cup ghee
- 1 cup whole wheat flour
- water
- dough

Nutrition:

1. Calories: 1140 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 195 milligrams
4. Fat: 71 grams
5. Fiber: 11 grams
6. Protein: 69 grams
7. SaturatedFat: 17 grams
8. Sodium: 560 milligrams

9. Sugar: 9 grams

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