

Chicken Jalfrezi

Yield: 4 min
Total Time: 70 min

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

Ingredients:

- 7/8 pound chicken
- 2 onion Medium, Thickly cut
- 1 bell pepper
- 2 tomatoes Thickly cut
- 5 tablespoons tomato sauce
- 6 green chilies
- 1 tablespoon ginger paste
- 1/2 teaspoon turmeric powder
- 1 tablespoon red chili
- coriander leaves Chopped
- oil
- salt to taste
- 1 teaspoon lemon juice

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 65 milligrams
4. Fat: 9 grams
5. Fiber: 4 grams
6. Protein: 23 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 390 milligrams
9. Sugar: 10 grams

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