

# Healthy Tandoori Chicken Kebab

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-chicken-kebab-for-grill-recipe>

## Ingredients:

- 1 pound chicken breast Trimmed
- 1/2 teaspoon meat tenderizer
- 1 teaspoon coarsely ground black pepper
- 2 tablespoons ginger ?Garlic paste
- 1 cup low-fat yogurt strained on a muslin to remove moisture if necessary; substitute with Light greek yoghurt
- 1 teaspoon tandoori masala
- 1 teaspoon coriander powder
- 1 tablespoon methi Kasoori, crushed\*
- 1/2 teaspoon red chili powder
- 1/2 teaspoon turmeric powder
- saffron strands a pinch

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 75 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 28 grams
7. SaturatedFat: 2 grams
8. Sodium: 180 milligrams
9. Sugar: 4 grams

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