

Indian Chicken Madras Curry

Yield: 4 min
Total Time: 23 min

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

Ingredients:

- 4 skinless, boneless chicken breasts cut into 1 1/2 inch chunks and blotted dry
- 1 onion
- 8 garlic cloves
- 1 knob ginger one inch
- 1 jalapeno
- 1 tablespoon vegetable oil
- 1 tablespoon Garam Masala OR 1 teaspoon each, cumin, coriander and pumpkin pie spice
- 2 teaspoons hot chili powder
- 1/2 teaspoon turmeric
- 1 teaspoon salt
- 2 cups crushed tomatoes

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 125 milligrams
4. Fat: 10 grams
5. Fiber: 4 grams
6. Protein: 45 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 990 milligrams
9. Sugar: 1 grams

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