

Chicken Cutlet

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-russian-cutlet-recipe-in-urdu>

Ingredients:

- 1 1/4 cups mashed potato flakes instant
- 1/2 cup water
- 8 ounces ground chicken
- 1/2 cup onion finely chopped
- 1 large egg
- 1 tablespoon cilantro leaves corriander
- 1 tablespoon green chillies chopped
- 1/4 teaspoon Garam Masala and salt
- oil for fry

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 100 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 13 grams
7. SaturatedFat: 2 grams
8. Sodium: 75 milligrams
9. Sugar: 2 grams

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