

Chicken Kofta Kebabs

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-kofta-recipe>

Ingredients:

- 1 small onion peeled and roughly chopped or finely diced, or 1/2 medium-large onion, see step 2
- 1 bunch parsley large stems removed
- 2 cloves garlic finely minced
- 1/2 cup breadcrumbs
- 1 pound ground chicken
- 1 tablespoon coriander seeds ground
- 1 teaspoon ground allspice
- 1 teaspoon ground cumin
- 1 teaspoon ground cardamom
- 1/2 teaspoon salt or more to taste
- 1/2 teaspoon ground black pepper or more to taste
- 1/2 cup yogurt plain unsweetened, Greek or plain, fat-free or low fat
- 1 clove garlic finely minced
- 1 tablespoon parsley leaves finely minced
- 1 lemon
- 1 tablespoon lemon juice from 1/2 lemon
- 1/4 teaspoon salt or more to taste
- 1/4 teaspoon ground black pepper or more to taste

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 90 milligrams
4. Fat: 10 grams
5. Fiber: 3 grams
6. Protein: 20 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 560 milligrams
9. Sugar: 2 grams

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