

# Lamb Chuanr

Yield: 20 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/lamb-breast-indian-recipe>

## Ingredients:

- 2 pounds lamb breast
- 2 tablespoons Shaoxing wine or dry sherry, optional
- 3 tablespoons cumin seeds
- 1 tablespoon chili powder Chinese
- 2 teaspoons powdered garlic
- 2 teaspoons fennel powdered
- 2 teaspoons kosher salt

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 35 milligrams
4. Fat: 11 grams
5. Protein: 8 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 270 milligrams

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