

East African Braised Chicken

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/east-african-kebab-recipe>

Ingredients:

- 1 chicken breast with skin and bone, cut in half
- 2 chicken drumsticks
- 2 chicken wings
- 2 chicken thighs with skin and bones
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon olive oil
- 1 large onion sliced
- 1 tablespoon ginger fresh, chopped
- 1 teaspoon curry powder
- 1/2 teaspoon canela ground
- 1/2 teaspoon cardamom ground
- 1/4 teaspoon cayenne pepper
- 4 cloves garlic minced
- 1 cup chicken broth low sodium
- 1/2 cup white wine
- 3 tablespoons dates pitted, chopped
- 3 tablespoons golden raisins

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 220 milligrams
4. Fat: 36 grams
5. Fiber: 2 grams
6. Protein: 54 grams
7. SaturatedFat: 9 grams
8. Sodium: 560 milligrams
9. Sugar: 11 grams

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