

Nando's Peri-Peri Chicken

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 1 tablespoon olive oil
- 1/4 cup lemon juice
- 2 tablespoons white vinegar
- 4 Thai chilis bird's eye chilis or red, available in the International section of your supermarket
- 1 red bell pepper chopped
- 4 cloves garlic minced
- 1 teaspoon paprika
- 1 teaspoon oregano
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 4 skinless chicken thighs bones in

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 175 milligrams
4. Fat: 35 grams
5. Fiber: 1 grams
6. Protein: 36 grams
7. SaturatedFat: 9 grams
8. Sodium: 760 milligrams
9. Sugar: 2 grams

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