

Quick East West Grilled Chicken

Yield: 3 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/east-west-chicken-recipe>

Ingredients:

- 1 11/16 tablespoons soy sauce
- 3 3/8 tablespoons barbecue sauce
- 1 teaspoon garam masala
- 6 boneless skinless chicken thighs

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 140 milligrams
4. Fat: 7 grams
5. Protein: 46 grams
6. SaturatedFat: 2 grams
7. Sodium: 950 milligrams
8. Sugar: 5 grams

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