

# High Protein Indian Chicken Tikka Bites

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-chicken-tikka-recipe-youtube>

## Ingredients:

- 1 pound chicken thighs or breast, boneless skinless, cut into bite size cubes
- 1/2 cup greek yogurt
- 4 cloves garlic minced
- 2 teaspoons ginger minced
- 1/4 cup cilantro chopped
- 1 teaspoon salt
- 1 teaspoon Garam Masala
- 1/2 teaspoon turmeric
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon smoked paprika for color and a slightly smoky taste
- 1/4 teaspoon cayenne pepper
- 2 tablespoons ghee for cooking the chicken
- 1 lemon for sprinkling before serving

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 100 milligrams
4. Fat: 23 grams
5. Fiber: 2 grams
6. Protein: 21 grams
7. SaturatedFat: 5 grams
8. Sodium: 690 milligrams
9. Sugar: 2 grams

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