

# Grilled Indian Chicken Skewers

Yield: 5 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-grilled-chicken-thighs-recipe-authentic>

## Ingredients:

- 2 pounds chicken Tyson Fresh, cut into 2-inch pieces
- 1 1/2 cups plain yogurt
- 1/2 cup chopped red onion
- 1 clove garlic minced
- 1 tablespoon lemon juice
- 2 teaspoons Garam Masala
- 2 teaspoons chopped cilantro
- 1 teaspoon freshly grated ginger
- 1 teaspoon salt
- 1/2 teaspoon turmeric
- 1/2 teaspoon paprika
- 1/2 teaspoon cumin
- 1/4 teaspoon cayenne
- cilantro additional, for garnish, optional

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 125 milligrams
4. Fat: 8 grams
5. Fiber: 1 grams
6. Protein: 39 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 650 milligrams
9. Sugar: 5 grams

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