

Indian Spiced Grilled Chicken

Yield: 4 min
Total Time: 22 min

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

Ingredients:

- 8 ounces chicken breasts boneless skinless 6oz each
- 1 cup plain low fat yogurt
- 4 cloves garlic grated
- 1/4 cup juice
- 1 lemon
- 2 tablespoons fresh ginger minced
- 1 tablespoon Garam Masala
- 1 tablespoon turmeric
- 1 teaspoon salt
- 1/2 teaspoon cayenne

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 35 milligrams
4. Fat: 2 grams
5. Fiber: 2 grams
6. Protein: 17 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 710 milligrams
9. Sugar: 6 grams

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