

Chicken Tikka Kebabs

Yield: 5 min
Total Time: 75 min

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

Ingredients:

- 3 pounds chicken
- 2 tablespoons canola oil
- 2 inches ginger peeled and grated
- 6 cloves garlic
- 1 cup plain yogurt I used Greek Yogurt
- 2 tablespoons masala gram
- 1/2 teaspoon turmeric powder
- 2 tablespoons paprika
- 1 teaspoon ground cumin
- 1 teaspoon salt or to taste
- 1 teaspoon red chili powder

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 185 milligrams
4. Fat: 16 grams
5. Fiber: 2 grams
6. Protein: 57 grams
7. SaturatedFat: 4 grams
8. Sodium: 710 milligrams
9. Sugar: 3 grams

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