

Accidental Indian Barbecue Chicken

Yield: 5 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/lemon-chicken-recipe-indian-swasthi-gravy>

Ingredients:

- 1 whole chicken cut into individual pieces and trimmed of excess skin and fat or about 3 pounds of chicken pieces.
- 1 clove minced garlic finely
- 1/2 teaspoon cumin
- 1/2 teaspoon ground cardamom
- 1 teaspoon ground ginger
- 3 teaspoons Garam Masala
- 3 tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 lemon
- 1 cup bbq sauce Brown Sugar Balsamic

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 120 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 37 grams
7. SaturatedFat: 3 grams
8. Sodium: 1150 milligrams
9. Sugar: 13 grams

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