

Curry-Garam Masala Baked Chicken Tenderloins

Yield: 3 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-curry-powder-recipe-garam-masala>

Ingredients:

- 2 tablespoons non fat greek yogurt
- 1 tablespoon curry powder
- 1 tablespoon Garam Masala
- 1/2 teaspoon salt or to taste
- 1 blood orange or regular orange
- 1/4 teaspoon cayenne pepper or pilpelchum
- 1 1/2 pounds chicken tenderloin cut into thin strips

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 145 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 49 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 670 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Curry-Garam Masala Baked Chicken Tenderloins above. You can see more 20 indian curry powder recipe garam masala Try these culinary delights! to get more great cooking ideas.